

Registration form

**Western Herbology
Identification and Formulas CEU Course \$300.00
48 HOUR RUSH ORDER PROCESSING FEE ADDITIONAL \$40.00**

Start and finish dates: _____
You will have 90 days from this date in order to complete this course

Name _____ **Signature** _____
(This will appear on your certificate as above)

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Phone:
Home () _____ **Work** () _____ **Fax** () _____

License ID # _____ **Exp. Date** _____

Please circle which certification you are applying the course CEU's/PDH's.

Acupuncturists Aromatherapists Body workers Massage therapists

Herbologist Other _____

Your certificate will be mailed to you in about two weeks.

**Therapeutic Learning College
PO Box 420, Payson, AZ 85547-0420
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Referral's Name _____

Western Herbology Identification and Formulas

Answer Key

Name

Telephone

Address

**Multiple Choice. Pick only one answer per question.
Circle or Mark off or Bold the answer.**

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You are finished with your assignment. Please fax this answer key and your registration page along with the customer survey to TLC.

Fax Number (928) 272-0747

Always call us after faxing to ensure we received the paperwork.
Allow two weeks for processing and for the proper forms to be sent back to you.

Thank you for your business.

Please mail this with your final exam

WESTERN HERBOLOGY

PROFESSIONAL DEVELOPMENT COURSE

CUSTOMER SERVICE RESPONSE CARD

DATE: _____

NAME: _____

ADDRESS: _____

E-MAIL _____ PHONE _____

PLEASE COMPLETE THIS FORM BY CIRCLING THE NUMBER OF THE APPROPRIATE ANSWER IN THE AREA BELOW.

1. Please rate the difficulty of your course.
Very Easy 0 1 2 3 4 5 Very Difficult
2. Please rate the difficulty of the testing process.
Very Easy 0 1 2 3 4 5 Very Difficult
3. Please rate the subject matter on the exam to your actual field or work.
Very Similar 0 1 2 3 4 5 Very Different

4. How did you hear about this Course? _____

5. What would you do to improve the Course?

Any other concerns or comments.

Western Herbology Conventional CEU Course Assignment

You will have 90 days from the start of this course to have successfully completed this CEU assignment with a score of 70%. You may e-mail the answers to TLC, info@tlch2o.com, you can also find a copy of this assignment in Word on the Assignment Page on TLC's website or fax the answers to TLC (928) 272-0747. Course assistance is available on the Assignment Page under Course Assistance at www.abctlc.com. **Write your answers on the Answer Key found in the rear of this assignment. This is not Rocket Surgery!**

Multiple Choice Exam, please choose one answer per question.

Let's start with your knowledge and poison identification of common plants and Herbs. I don't want anyone giving a poisonous herb to their spouse on accident.

- | | | |
|---|--|--|
| 1. Melissa
A. Safe
B. Poisonous | 10. Chamomile
A. Safe
B. Poisonous | 19. Runner Bean
A. Safe
B. Poisonous |
| 2. Apple (Bitter)
A. Safe
B. Poisonous | 11. Chicory
A. Safe
B. Poisonous | 20. Safflower
A. Safe
B. Poisonous |
| 3. Apple (Balsam)
A. Safe
B. Poisonous | 12. Stavesacre
A. Safe
B. Poisonous | 21. Sage
A. Safe
B. Poisonous |
| 4. Mescal Buttons
A. Safe
B. Poisonous | 13. Anise Hyssop
A. Safe
B. Poisonous | 22. Savory Summer
A. Safe
B. Poisonous |
| 5. Pineapple Guava
A. Safe
B. Poisonous | 14. Arugula
A. Safe
B. Poisonous | 23. Scented Geranium
A. Safe
B. Poisonous |
| 6. Primrose
A. Safe
B. Poisonous | 15. Chrysanthemum:
Garland
A. Safe
B. Poisonous | 24. Snapdragon
A. Safe
B. Poisonous |
| 7. Yew
A. Safe
B. Poisonous | 16. Thornapple
A. Safe
B. Poisonous | 25. Wake Robin,
American
A. Safe
B. Poisonous |
| 8. Angelica
A. Safe
B. Poisonous | 17. Strophanthus
A. Safe
B. Poisonous | 26. Laurel, Mountain
A. Safe
B. Poisonous |
| 9. Carnation
A. Safe
B. Poisonous | 18. Rosemary
A. Safe
B. Poisonous | 27. Laburnum
A. Safe
B. Poisonous |

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|---|--|---|
| 28. Society Garlic
A. Safe
B. Poisonous | 41. Bryony, Black
A. Safe
B. Poisonous | 53. Nightshade, Deadly
A. Safe
B. Poisonous |
| 29. Sunflower
A. Safe
B. Poisonous | 42. Bloodroot
A. Safe
B. Poisonous | 54. Nux Vomica
A. Safe
B. Poisonous |
| 30. Thyme
A. Safe
B. Poisonous | 43. Pansy
A. Safe
B. Poisonous | 55. Nightshade, Black
A. Safe
B. Poisonous |
| 31. Ignatius Beans
A. Safe
B. Poisonous | 44. Cabbage Tree
A. Safe
B. Poisonous | 56. Redbud
A. Safe
B. Poisonous |
| 32. Hemlock
A. Safe
B. Poisonous | 45. Bryony, White
A. Safe
B. Poisonous | 57. Rose Hellebore,
Black
A. Safe
B. Poisonous |
| 33. Hellebore, Green
A. Safe
B. Poisonous | 46. Hellebore, False
A. Safe
B. Poisonous | 58. Gelsemium
A. Safe
B. Poisonous |
| 34. Mint
A. Safe
B. Poisonous | 47. Borage
A. Safe
B. Poisonous | 59. Foxglove
A. Safe
B. Poisonous |
| 35. Mustard
A. Safe
B. Poisonous | 48. Burnet
A. Safe
B. Poisonous | 60. Dropwort, Hemlock
Water
A. Safe
B. Poisonous |
| 36. Nasturium
A. Safe
B. Poisonous | 49. Calendula Spurges
A. Safe
B. Poisonous | 61. Cocculus, Indicus
A. Safe
B. Poisonous |
| 37. Baneberry
A. Safe
B. Poisonous | 50. Bryony, European
White
A. Safe
B. Poisonous | 62. Coca, Bolivian
A. Safe
B. Poisonous |
| 38. Aconite
A. Safe
B. Poisonous | 51. Poppy, White
A. Safe
B. Poisonous | 63. Clematis
A. Safe
B. Poisonous |
| 39. Okra
A. Safe
B. Poisonous | 52. Paris, Herb
A. Safe
B. Poisonous | 64. Calotropis
A. Safe
B. Poisonous |
| 40. Saffron, Meadow
A. Safe
B. Poisonous | | |

65. Lavender
A. Safe
B. Poisonous
66. Lemon Verbena
A. Safe
B. Poisonous
67. Cherry Laurel
A. Safe
B. Poisonous
68. Calabar Bean
A. Safe
B. Poisonous
69. Lovage, Water
A. Safe
B. Poisonous
70. Lilac
A. Safe
B. Poisonous
71. Mallow Common
A. Safe
B. Poisonous
72. Hemp, Indian
A. Safe
B. Poisonous
73. Hemlock, Water
A. Safe
B. Poisonous
74. Hellebore, White
A. Safe
B. Poisonous

Okay, that was pretty easy, now let's make it a little harder.

Common Herb Identification Terms

75. The hairs on a leaf, stem or flower.
A. Rhizome
B. Lobed
C. Linear
D. Ligule
E. Pubescence

76. Leaves that are arranged singly up the stem; not opposite each other.

- A. Annual
- B. Biennial
- C. Alternate
- D. Perennial
- E. Anther

77. Plant that germinates in one growing season, then flowers, seeds, and dies during the next year.

- A. Annual
- B. Biennial
- C. Alternate
- D. Perennial
- E. Anther

78. Plant that germinates, flowers, seeds, and dies during one growing season.

- A. Annual
- B. Biennial
- C. Alternate
- D. Perennial
- E. Anther

79. Slender bristle at the tip of grass seed structures.

- A. Glumes
- B. Head
- C. Auricle
- D. Awn
- E. Entire

80. Not toothed or otherwise cut.

- A. Glumes
- B. Head
- C. Auricle
- D. Awn
- E. None of the Above

81. A plant that lives for more than 2 growing seasons.

- A. Annual
- B. Biennial
- C. Alternate
- D. Perennial
- E. Anther

82. Structure in a flower in which pollen is formed

- A. Annual
- B. Biennial
- C. Alternate
- D. Perennial
- E. Anther

83. Lobe-like structure at the collar of a grass leaf.
- A. Glumes
 - B. Head
 - C. Auricle
 - D. Awn
 - E. Entire
84. The 2 bracts surrounding a grass spikelet.
- A. Glumes
 - B. Head
 - C. Auricle
 - D. Awn
 - E. Entire
85. Leaf-like structure at the base of flowers or leaves.
- A. Leaflets
 - B. Nodding
 - C. Midrib
 - D. Bract
 - E. Membranous
86. Thin and flexible, usually not green.
- A. Leaflets
 - B. Nodding
 - C. Midrib
 - D. Bract
 - E. Membranous
87. The center and usually most prominent vein on a leaf.
- A. Leaflets
 - B. Nodding
 - C. Midrib
 - D. Bract
 - E. Membranous
88. All the flower leaves together, normally green in color.
- A. Compound leaves
 - B. Calyx
 - C. Cotyledons
 - D. Crown
 - E. None of the Above
89. Leaves with 2 or more distinct leaflets.
- A. Dissected
 - B. Sheath
 - C. Compound leaves
 - D. Rosette
 - E. Ovate

90. Egg shaped in outline.
- A. Dissected
 - B. Sheath
 - C. Compound leaves
 - D. Rosette
 - E. Ovate
91. A flower that is not pointed upward, but bent downward or sidewise to the stem.
- A. Leaflets
 - B. Nodding
 - C. Midrib
 - D. Bract
 - E. Membranous
92. Leaf-like structures within a compound leaf.
- A. Leaflets
 - B. Nodding
 - C. Midrib
 - D. Bract
 - E. Membranous
93. A hair-like or feather-like structure, often on a seed.
- A. Panicle
 - B. Basal
 - C. Petiole
 - D. Axil
 - E. None of the Above
94. The angle formed between a leaf and a stem.
- A. Panicle
 - B. Basal
 - C. Petiole
 - D. Axil
 - E. None of the Above
95. At the base of a plant or plant part.
- A. Panicle
 - B. Basal
 - C. Petiole
 - D. Axil
 - E. None of the Above
96. The first leaf-like structures that appear after germination; seed leaves.
- A. Calyx
 - B. Compound leaves
 - C. Cotyledons
 - D. Crown
 - E. None of the Above

97. The structure formed where leaves, stems, and roots grow together.

- A. Compound leaves
- B. Calyx
- C. Cotyledons
- D. Crown
- E. None of the Above

98. A circular, normally basal, clump of leaves.

- A. Dissected
- B. Sheath
- C. Compound leaves
- D. Rosette
- E. Ovate

99. The extension of leaf tissue surrounding a stem.

- A. Dissected
- B. Sheath
- C. Compound leaves
- D. Rosette
- E. Ovate

100. Leaves situated directly across the stem from each other.

- A. Calyx
- B. Compound leaves
- C. Cotyledons
- D. Crown
- E. None of the Above

101. Deeply and repeatedly divided into smaller parts.

- A. Dissected
- B. Sheath
- C. Compound leaves
- D. Rosette
- E. Ovate

102. A narrow, non-spreading inflorescence.

- A. Whorled
- B. Stolon
- C. Spur
- D. Spikelet
- E. Spike

103. 3 or more similar structured arranged

- A. Whorled
- B. Stolon
- C. Spur
- D. Spikelet
- E. Spike

104. A group of flowers borne tightly together.

- A. Glumes
- B. Head
- C. Auricle
- D. Awn
- E. Entire

105. A much-branched inflorescence.

- A. Panicle
- B. Basal
- C. Petiole
- D. Axil
- E. None of the Above

106. A leaf stalk.

- A. Panicle
- B. Basal
- C. Petiole
- D. Axil
- E. None of the Above

107. With 2 rows of leaflets, like a feather.

- A. Panicle
- B. Basal
- C. Petiole
- D. Axil
- E. None of the Above

108. A single or group of floral structures in a grass.

- A. Whorled
- B. Stolon
- C. Spur
- D. Spikelet
- E. Spike

109. A hollow appendage on a flower.

- A. Whorled
- B. Stolon
- C. Spur
- D. Spikelet
- E. Spike

110. The structure at the collar of a grass leaf between the sheath and the stem.

- A. Rhizome
- B. Lobed
- C. Linear
- D. Ligule
- E. Pubescence

111. Long, narrow, and slender.

- A. Rhizome
- B. Lobed
- C. Linear
- D. Ligule
- E. Pubescence

112. A cut into a leaf from the edge toward the center; greater than toothed, but not quite compound.

- A. Rhizome
- B. Lobed
- C. Linear
- D. Ligule
- E. Pubescence

113. A creeping stem along the surface of the ground.

- A. Whorled
- B. Stolon
- C. Spur
- D. Spikelet
- E. Spike

114. The edge of a leaf.

- A. Simple leaf
- B. Trifoliate leaf
- C. Margin
- D. Rhizome
- E. Succulent

115. Fleshy and juicy.

- A. Simple leaf
- B. Trifoliate leaf
- C. Taproot
- D. Rhizome
- E. Succulent

116. A thick, central root with minimal branching.

- A. Simple leaf
- B. Taproot
- C. Trifoliate leaf
- D. Rhizome
- E. Succulent

117. A leaf made of 3 leaflets; clover-like.

- A. Simple leaf
- B. Ligule
- C. Trifoliate leaf
- D. Rhizome
- E. Succulent

118. One with a blade in one piece; not compound.

- A. Simple leaf
- B. Trifoliate leaf
- C. Rhizome
- D. Succulent
- E. None of the Above

119. A creeping, underground stem.

- A. Rhizome
- B. Lobed
- C. Linear
- D. Ligule
- E. Pubescence

Okay, let's start identifying some plant's medical information and descriptions to the correct herb. Sometimes the same herb may be used twice. I have a lot of students that will call me and say that they are unable to find the correct answer and get all frustrated. This is not an easy course and it is worth a lot of time. Look here, I need my time to ride my Harley so here is one huge hint. Obtain an electronic copy of the manual and use the Find tool to look for the information.

120. Excellent indoor or outdoor container plant. Well-known and well-researched medicinal plant.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

121. Mustard-like green. Grow in salad gardens and use in salads and stir-fries for a peppery, pungent taste reminiscent of horseradish.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

122. Popular, attractive plant with many color variations. No herb garden is complete without it. Excellent in salads and as a garnish. Medicinally used mainly for its stomach soothing qualities.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

123. Attractive blue star-shaped flowers, but rather scraggly growth habit.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

124. Cucumber-like taste. Used medicinally internally in teas or topically for a variety of ailments.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

125. Nice looking plant with gray-green leaves that are slightly hairy. Welcome addition to herb or ornamental gardens, as the leaf color compliments other plants, especially those that are red and orange in color.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

126. Very attractive to bees, and as such a good addition to habitat-type situations. Lemony-camphor-bitter taste that is well known in the kitchen as an ingredient in poultry stuffing's, but also makes a nice addition to meats, poultry, and vegetables.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

127. Medicinally safe herb for a variety of medical conditions. Top notch aromatherapy herb - pick a leaf and roll it between your fingers for a remarkable aromatherapy experience.

- A. Arugala
- B. Borage
- C. Sage
- D. Aloe Vera
- E. Basil

Not too difficult so far. You can also earn extra credit by submitting a drawing or digital photograph of your favorite herb. I really like artwork.

128. Bitter taste and of no real use in the kitchen, but well-known for its anti-depressant properties medicinally.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

129. Medicinally important herb that is completely safe. Widely available in many forms.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

130. Attractive trailing plant. Nice in containers. Mostly a culinary herb used in a wide variety of dishes.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

131. Short-lived, opportunistic plant that has naturalized virtually all over the world.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

132. 3 foot bushy growth type with cheery bright yellow flowers that bloom in the heat of the summer while other plants are on the decline.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

133. Very easy culture, with bluish green leaves with a turpentine-like smell.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

134. Tastes like peppery Thyme. Minor medicinal herb.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

135. Very hot, but nutritional powerhouses. Used medicinally for a variety of ailments.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

136. Another member of the Parsley family. Entirely edible plant with a strong taste often used in Indian and Asian foods.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

137. Medicinally used mostly as a flavoring agent.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

138. Popular garden herb with feathery silver green leaves. Nice addition to the herb garden. Used as a flavoring for many dishes and in pickling.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

139. Woody shrub with bright green leaves and a piney flavor. Quite winter hardy and tolerates less than perfect soil. Good windowsill herb.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

140. Close relative of Parsley, used mostly for flavoring other foods. Some medicinal uses, most notably for high blood pressure.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

141. Attractive shrub-like plant with fruits that start green and then turn fiery red.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

142. Cheerful yellow flowers that bloom almost constantly in warm weather. Excellent addition to flower or herb gardens.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

143. Flowers often used as a garnish. Limited medicinal qualities.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

144. Not a major medicinal herb, but often used for its stomach-soothing qualities.

- A. Coriander
- B. St. John's Wort
- C. Chervil
- D. Dill
- E. Cayenne

145. Onion-like plant with beautiful flowers. Well-known in cooking.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

146. Used mainly for seasoning game meats and in stews. Especially good for seasoning dried beans. Not currently used medicinally.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

147. Very amenable to topiary techniques and a popular plant at Christmastime shaped like a Christmas tree and decorated. Excellent companion plant.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

148. Flowering occurs in late spring with bright red berries following in the fall. It generally likes cooler zones but can be grown in containers for those in the hotter areas.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

149. Berries are similar to cranberries, and can be substituted for cranberries in any dish. Medicinally, the leaves are used mostly for urinary tract type problems. There are contraindications to using this wonderful herb, so be well-informed before taking any homemade remedies made from this plant.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

150. Member of the daisy family with daisy-like flowers. Bitter taste and not usually used in cooking. Medicinal properties are well-known and include many common ailments.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

151. Wonderful little plant with showy leaves, delightful flowers, and aromatic properties including a variety of different scents, making this a very worthwhile garden or houseplant. Easy culture and propagation make it even better.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

152. Used in the kitchen for flavoring tea, biscuits, jelly, and even sugar. Medicinally, the plant has astringent properties, making it useful in day to day basic beauty routines.

- A. Garlic
- B. Savory (Summer)
- C. Savory (Winter)
- D. Scented Geranium
- E. Calendula

153. This wonderful herb is an incredible culinary herb that should be present in every garden. There are multiple varieties, from tiny plants that will fit between brick pavers to cascading types that are perfect for containers or windowsills.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme

154. In cooking, it blends well with dozens of foods and other herbs. If there is a perfect culinary herb, Thyme is that herb. Medicinally, it is believed to work as an antiseptic, antifungal, and anti-parasitic.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

155. This wonderful herb is not one of the more beautiful herbs, but for those who relish the anise-like flavor, it is a good addition in the herb garden nonetheless.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

156. It is a delightful enhancement to many meats and vegetables, in addition to cream sauces, vinegars, herbed butters, and yogurt.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

157. Medicinally, it can be made into a tea or dried and used in capsules for a variety of common ailments.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

158. Top of the line aromatherapy herb that can grow into a 6 foot aromatic shrub or be contained to fit proportionately in any size container.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

159. Valuable in the kitchen for its piney-minty-ginger combination of flavors that lends itself well to meats, fish, cheese, eggs, and vegetables. Medicinally safe and can be used to treat many common ailments and also as a general tonic.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

160. This well-known culinary and medicinal herb is also a hard-working evergreen ground cover that thrives in poor soil and harsh conditions. The leaves are shiny and leathery, and turn a nice bronze color in the fall.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. Uva Ursi

161. Good looking plant with feathery leaves and cheery yellow flowers. Pleasant piney scent when brushed against, and makes a good entryway plant for this reason. Has a strong peppery taste and can be used as a pepper substitute, but only in moderation, as it can cause extreme reactions when overdone. Medicinally, it does have useful properties, but it is not recommended that amateurs use this particular plant medicinally at all due to the adverse reactions it may cause.

- A. Chamomile
- B. Tarragon
- C. Rosemary
- D. Thyme
- E. None of the Above

Identify the herb(s) to the disease. One answer only. I realize that not all the herbs will be listed for the ailment nor are some of the best herbs.

EXAMPLE

Fennel

- A. Dizziness
- B. Cancer - Testicular
- C. Diet Aid**
- D. Diarrhea
- E. Digestion/Indigestion/Gastrointestinal

162. Aloe Vera, Angelica, Anise, Basil, Caraway, Catnip, Cayenne, Chamomile, Chervil, Chicory, Coriander, Dandelion, Dill, Fennel, Feverfew, Goldenrod, Goldenseal, Green Tea, Ground Ivy, Hyssop, Lantana, Lavender, Lovage, Marjoram, Mint, Oregano, Parsley, Radish, Rosemary, Sage, St. John's Wort, Savory (Summer), Thyme, Tansy, Tarragon, Valerian, Yarrow

- A. Dizziness
- B. Cancer - Testicular
- C. Diet Aid
- D. Diarrhea
- E. Digestion/Indigestion/Gastrointestinal

163. Marjoram

- A. Dizziness
- B. Cancer - Testicular
- C. Diet Aid
- D. Diarrhea
- E. Digestion/Indigestion/Gastrointestinal

164. Aloe Vera

- A. Cold Sores
- B. Cerebral vein and artery dilator
- C. Canker Sores
- D. Cardiovascular Disease
- E. Congestion

165. Periwinkle

- A. Dizziness
- B. Cancer - Testicular
- C. Diet Aid
- D. Diarrhea
- E. Digestion/Indigestion/Gastrointestinal

166. Borage, Chamomile, Goldenseal, Ground Ivy, Plantain, St. John's Wort, Savory (Summer), Thyme, Uva Ursi Valerian, Yarrow

- A. Dizziness
- B. Cancer - Testicular
- C. Diet Aid
- D. Diarrhea
- E. Digestion/Indigestion/Gastrointestinal

167. Periwinkle

- A. Cold Sores
- B. Cerebral vein and artery dilator
- C. Canker Sores
- D. Cardiovascular Disease
- E. Congestion

168. Goldenseal, Lavender

- A. Cold Sores
- B. Cerebral vein and artery dilator
- C. Canker Sores
- D. Cardiovascular Disease
- E. Congestion

169. Calendula, Lantana

- A. Improve Cognitive Function
- B. Cirrhosis
- C. Chicken Pox
- D. Circulatory Problems
- E. Cholesterol (lower)

170. Ginkgo, Periwinkle

- A. Improve Cognitive Function
- B. Cirrhosis
- C. Chicken Pox
- D. Circulatory Problems
- E. Cholesterol (lower)

171. Periwinkle

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Fatigue
- E. Eye Pain

172. Cornflower, Parsley

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Fatigue
- E. Eye Pain

173. Ginkgo, Green Tea

- A. Cold Sores
- B. Cerebral vein and artery dilator
- C. Canker Sores
- D. Cardiovascular Disease
- E. Congestion

174. Beans, Evening Primrose, Garlic, Lemongrass, Onion, Tomato

- A. Improve Cognitive Function
- B. Cirrhosis
- C. Chicken Pox
- D. Circulatory Problems
- E. Cholesterol (lower)

175. Mint, Lavender, Rosemary

- A. Emphysema
- B. Eczema
- C. Detoxifier
- D. Dandruff
- E. Diabetes - Alleviate Thirst

176. Chamomile, Ground Ivy, Plantain, Uva Ursi

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Fatigue
- E. Eye Pain

177. Ginkgo, Valerian

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Fatigue
- E. Eye Pain

178. Evening Primrose, Lemongrass

- A. Improve Cognitive Function
- B. Cirrhosis
- C. Chicken Pox
- D. Circulatory Problems
- E. Cholesterol (lower)

179. Aloe Vera, Dandelion, Evening Primrose

- A. Improve Cognitive Function
- B. Cirrhosis
- C. Chicken Pox
- D. Circulatory Problems
- E. Cholesterol (lower)

180. Cornflower, Anise

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Fatigue
- E. Eye Pain

181. Cornflower, Parsley

- A. Cystitis
- B. Eye Inflammation
- C. Extremities - Tingling
- D. Eye Swelling
- E. Eye Pain

182. Angelica, Anise, Cayenne, Chamomile, Echinacea, Eucalyptus, Feverfew, Garlic, Goldenrod, Ground Ivy, Horehound, Lantana, Lavender, Marjoram, Plantain, Poppy, Radish, Rosemary, Violet, Yarrow

- A. Cold
- B. Dementia
- C. Delusions
- D. Depression
- E. Dermatitis

183. Borage, Lavender, Periwinkle, Rosemary, St. John's Wort, Valerian

- A. Cold
- B. Dementia
- C. Delusions
- D. Depression
- E. Dermatitis

184. Periwinkle

- A. Cold
- B. Dementia
- C. Delusions
- D. Depression
- E. Dermatitis

185. Aloe Vera, Chervil, Goldenrod, Periwinkle, Plantain, Rosemary

- A. Emphysema
- B. Eczema
- C. Detoxifier
- D. Dandruff
- E. Diabetes - Alleviate Thirst

186. Uva Ursi

- A. Dysmennhorea
- B. Earache
- C. Dry Skin
- D. Diuretic
- E. Dysentery

187. Caraway, Garlic

- A. Dysmennhorea
- B. Earache
- C. Dry Skin
- D. Diuretic
- E. Dysentery

188. Aloe Vera, Ground Ivy, Plantain

- A. Emphysema
- B. Eczema
- C. Detoxifier
- D. Dandruff
- E. Diabetes - Alleviate Thirst

189. Savory (Summer)

- A. Emphysema
- B. Eczema
- C. Detoxifier
- D. Dandruff
- E. Diabetes - Alleviate Thirst

190. Broccoli, Ginseng, Green Tea, Lantana, Plantain, Sage

- A. Diabetes - Blood Sugar Reduction
- B. Diabetes - Poor Circulation
- C. Diaper Rash
- D. Energy (Increase)
- E. None of the Above

191. Plantain

- A. Emphysema
- B. Eczema
- C. Detoxifier
- D. Dandruff
- E. Diabetes - Alleviate Thirst

192. Valerian
A. Cold
B. Dementia
C. Delusions
D. Depression
E. Dermatitis

193. Ginkgo
A. Cold
B. Dementia
C. Delusions
D. Depression
E. Dermatitis

194. Chervil, Goldenrod, Ground Ivy
A. Dysmennhorea
B. Earache
C. Dry Skin
D. Diuretic
E. Dysentery

195. Aloe Vera, Evening Primrose
A. Dysmennhorea
B. Earache
C. Dry Skin
D. Diuretic
E. Dysentery

196. Green Tea
A. Dysmennhorea
B. Earache
C. Dry Skin
D. Diuretic
E. Dysentery

197. Evening Primrose
A. Diabetes - Blood Sugar Reduction
B. Diabetes - Poor Circulation
C. Diaper Rash
D. Energy (Increase)
E. None of the Above

198. Calendula, Lavender, Plantain
A. Diabetes - Blood Sugar Reduction
B. Diabetes - Poor Circulation
C. Diaper Rash
D. Energy (Increase)
E. None of the Above

199. Ginseng

- A. Diabetes - Blood Sugar Reduction
- B. Diabetes - Poor Circulation
- C. Diaper Rash
- D. Energy (Increase)
- E. None of the Above

200. Valerian

- A. Diabetes - Blood Sugar Reduction
- B. Diabetes - Poor Circulation
- C. Epilepsy (Relieve Symptoms)
- D. Energy (Increase)
- E. None of the Above

201. Ginseng

- A. Diabetes - Blood Sugar Reduction
- B. Diabetes - Poor Circulation
- C. Diaper Rash
- D. Erectile Dysfunction
- E. None of the Above

202. Goldenrod, Lavender, Valerian

- A. Diabetes - Blood Sugar Reduction
- B. Diabetes - Poor Circulation
- C. Diaper Rash
- D. Energy (Increase)
- E. None of the Above

203. Facial - Steam

- A. Fennel, Mint
- B. Cornflower
- C. Anise, Chervil, Horehound, Hyssop, Rosemary, Savory (Summer)
- D. Dandelion, Goldenrod, Periwinkle, St. John's Wort, Tarragon
- E. Lavender, Valerian

204. Fatigue

- A. Fennel, Mint
- B. Cornflower
- C. Anise, Chervil, Horehound, Hyssop, Rosemary, Savory (Summer)
- D. Dandelion, Goldenrod, Periwinkle, St. John's Wort, Tarragon
- E. Lavender, Valerian

205. Fear (Reduce Anxiety)

- A. Fennel, Mint
- B. Cornflower
- C. Anise, Chervil, Horehound, Hyssop, Rosemary, Savory (Summer)
- D. Dandelion, Goldenrod, Periwinkle, St. John's Wort, Tarragon
- E. Lavender, Valerian

206. Fever Reducer

- A. Fennel, Mint
- B. Cornflower
- C. Anise, Chervil, Horehound, Hyssop, Rosemary, Savory (Summer)
- D. Dandelion, Goldenrod, Periwinkle, St. John's Wort, Tarragon
- E. Borage, Calendula, Cayenne, Chamomile, Lantana, Lemon Balm, Oxalis, Plantain, Radish, Tansy, Yarrow

207. Expectorant

- A. Fennel, Mint
- B. Cornflower
- C. Anise, Chervil, Horehound, Hyssop, Rosemary, Savory (Summer)
- D. Dandelion, Goldenrod, Periwinkle, St. John's Wort, Tarragon
- E. Lavender, Valerian

208. Ginkgo, Valerian

- A. Flu
- B. Extremities - Pain
- C. Freckles
- D. Flatulence
- E. None of the Above

209. Borage, Calendula, Cayenne, Chamomile, Lantana, Lemon Balm, Oxalis, Plantain, Radish, Tansy, Yarrow

- A. Flu
- B. Flea Repellant
- C. Freckles
- D. Flatulence
- E. None of the Above

210. Angelica, Anise, Basil, Bay, Caraway, Chamomile, Coriander, Dill, Fennel, Feverfew, Lavender, Lovage, Mint, Oregano, Sage, Savory (Summer), Tansy, Yarrow

- A. Flu
- B. Flea Repellant
- C. Freckles
- D. Flatulence
- E. None of the Above

211. Calendula, Echinacea, Eucalyptus, Feverfew, Garlic, Goldenrod, Green Tea, Ground Ivy, Lantana, Plantain, Radish, St. John's Wort, Tarragon

- A. Flu
- B. Flea Repellant
- C. Freckles
- D. Freckles
- E. None of the Above

212. Frostbite

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, and or Cayenne
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

213. Extremities - Cold

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, and or Cayenne
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

214. Extremities - Numbness

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, and or Cayenne
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

215. Fungicide

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, Garlic, Goldenseal, Lemongrass
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

216. Hepatitis

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, and or Cayenne
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

217. Herpes Sores

- A. Onion
- B. Ginkgo, Valerian
- C. Aloe Vera, and or Cayenne
- D. Aloe Vera, Dandelion, Green Tea
- E. Aloe Vera, Green Tea, Hyssop, Lavender, St. John's Wort, Tarragon, Uva Ursi

218. Fennel

- A. Hiccups
- B. Gallbladder
- C. Gastritis
- D. Gallstones
- E. Glands (swollen)

219. Aloe Vera, Garlic, Goldenseal, Lemongrass

- A. Hiccups
- B. Gallbladder
- C. Gastritis
- D. Gallstones
- E. Fungicide

220. Dandelion, Lavender

- A. Hiccups
- B. Gallbladder
- C. Gastritis
- D. Gallstones
- E. Glands (swollen)

221. Plantain

- A. Hiccups
- B. Gallbladder
- C. Gastritis
- D. Gallstones
- E. Glands (swollen)

222. Oregano

- A. Hiccups
- B. Gallbladder
- C. Gastritis
- D. Gallstones
- E. Glands (swollen)

223. Plantain

- A. Hiccups
- B. Gallbladder
- C. Goiter
- D. Gallstones
- E. Glands (swollen)

224. Gout

- A. Sage
- B. Yarrow
- C. Periwinkle
- D. Chervil, Chicory, Fennel, St. John's Wort, Tansy
- E. None of the Above

225. Gums - bleeding

- A. Sage
- B. Yarrow
- C. Periwinkle
- D. Chervil, Chicory, Fennel, St. John's Wort, Tansy
- E. None of the Above

226. Hair Conditioner

- A. Sage
- B. Yarrow
- C. Periwinkle
- D. Chervil, Chicory, Fennel, St. John's Wort, Tansy
- E. None of the Above

227. Hair Coloring

- A. Sage
- B. Yarrow
- C. Periwinkle
- D. Chervil, Chicory, Fennel, St. John's Wort, Tansy
- E. None of the Above

228. Hair Highlighter

- A. Basil, Chamomile, Evening Primrose, Lavender, Lovage, Marjoram, Oregano, Periwinkle, Poppy, Rosemary, Scented Geranium, Valerian, Violet
- B. Lavender, Onion, Rosemary
- C. Calendula, Chamomile
- D. Chamomile, Marjoram, Plantain
- E. None of the Above

229. Hair Loss

- A. Basil, Chamomile, Evening Primrose, Lavender, Lovage, Marjoram, Oregano, Periwinkle, Poppy, Rosemary, Scented Geranium, Valerian, Violet
- B. Lavender, Onion, Rosemary
- C. Calendula, Chamomile
- D. Chamomile, Marjoram, Plantain
- E. None of the Above

230. Heart (strengthen)

- A. Aloe Vera
- B. Cayenne, Ginseng
- C. Broccoli, Carrot, Cayenne, English Pea, Green Tea, Tomato
- D. Valerian
- E. None of the Above

231. Heartburn

- A. Aloe Vera
- B. Cayenne, Ginseng
- C. Broccoli, Carrot, Cayenne, English Pea, Green Tea, Tomato
- D. Valerian
- E. None of the Above

232. Hay Fever

- A. Basil, Chamomile, Evening Primrose, Lavender, Lovage, Marjoram, Oregano, Periwinkle, Poppy, Rosemary, Scented Geranium, Valerian, Violet
- B. Lavender, Onion, Rosemary
- C. Calendula, Chamomile
- D. Chamomile, Marjoram, Plantain
- E. None of the Above

233. Headache

- A. Basil, Chamomile, Evening Primrose, Lavender, Lovage, Marjoram, Oregano, Periwinkle, Poppy, Rosemary, Scented Geranium, Valerian, Violet
- B. Lavender, Onion, Rosemary
- C. Calendula, Chamomile
- D. Chamomile, Marjoram, Plantain
- E. None of the Above

234. Heart Disease (Prevention)

- A. Aloe Vera
- B. Cayenne, Ginseng
- C. Broccoli, Carrot, Cayenne, English Pea, Green Tea, Tomato
- D. Valerian
- E. None of the Above

235. Heart Problems Due to Stress

- A. Aloe Vera
- B. Cayenne, Ginseng
- C. Broccoli, Carrot, Cayenne, English Pea, Green Tea, Tomato
- D. Valerian
- E. None of the Above

Herbs and Their Ruling Planets Section. This is not Rocket Surgery!

236. Mugwort

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

237. Penny Royal

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

238. Raspberry

- A. Venus
- B. Mars
- C. Sun
- D. Moon
- E. Sun

239. Yarrow
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

240. Elder
A. Venus
B. Mars
C. Sun
D. Moon
E. Sun

241. Feverfew
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

242. Mallow
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

243. Marsh
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

244. Tansy
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

245. Plantain
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

246. Aloe
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

247. Basil
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

248. Black Pepper
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

249. Pine
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

250. Blessed Thistle
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

251. Hops
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

252. Barberry
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

253. Barberry Common
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

254. Tarragon
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

255. Borage
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

256. Chervil
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

257. Dandelion
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

258. Pepper, Black
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

259. Thistle
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

260. Blessed Holy

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

261. Stinging Nettle

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

262. All-Heal

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

263. Chamomile

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

264. Broom, Butcher's

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

265. Angelica

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

266. Lovage

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

267. Rue

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

268. St. John's Wort

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

269. Wormwood

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

270. Clary Sage

- A. Venus
- B. Mars
- C. Sun
- D. Moon
- E. Saturn

271. White Willow

- A. Venus
- B. Mars
- C. Sun
- D. Moon
- E. Saturn

272. Chickweed

- A. Venus
- B. Mars
- C. Sun
- D. Moon
- E. Saturn

273. Celery

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

274. Juniper

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

275. Rosemary

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

276. Flax

- A. Venus
- B. Jupiter
- C. Sun
- D. Moon
- E. Mercury

277. Carrot

- A. Venus
- B. Jupiter
- C. Sun
- D. Moon
- E. Mercury

278. Bay Laurel

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

279. Eyebright

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

280. Butterbur

- A. Venus
- B. Mars
- C. Saturn
- D. Moon
- E. Sun

281. Laurel
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

282. Bay
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

283. Sweet Bay Laurel
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

284. Cleavers
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

285. Jasmine
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

286. Melissa
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

287. Sage
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

288. Hyssop
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

289. Meadowsweet
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

290. Peppermint
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

291. Rose
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

292. Thyme
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

293. Burdock
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

294. Catnip
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

295. Colt's Foot
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

296. Lady's Mantle
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

297. Mullein
A. Venus
B. Jupiter
C. Sun
D. Saturn
E. Mercury

298. Hemp/Cannabis
A. Venus
B. Jupiter
C. Saturn
D. Moon
E. Mercury

299. Elm, Slippery
A. Saturn
B. Jupiter
C. Sun
D. Moon
E. Mercury

300. Slippery Elm
A. Saturn
B. Jupiter
C. Sun
D. Moon
E. Mercury

301. Caraway
A. Venus
B. Jupiter
C. Saturn
D. Moon
E. Mercury

302. Dill
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

303. Fennel
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

304. Motherwort
A. Venus
B. Mars
C. Sun
D. Moon
E. Saturn

305. Bilberry
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

306. Agrimony
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

307. Costmary
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

308. Lemon Balm
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Saturn

309. Comfrey
A. Venus
B. Jupiter
C. Saturn
D. Moon
E. Mercury

310. Shepherd's Purse
A. Saturn
B. Jupiter
C. Sun
D. Moon
E. Mercury

311. Nettle
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

312. Cayenne Pepper
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

313. Garlic
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

314. Self-Heal
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

315. Hawthorn
A. Venus
B. Mars
C. Saturn
D. Moon
E. Sun

316. Lavender
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

317. Marjoram, Sweet
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

318. Myrtle
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

319. Oregano
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

320. Licorice
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

321. Parsley
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

322. Valerian
A. Venus
B. Jupiter
C. Sun
D. Moon
E. Mercury

323. Horehound, White

- A. Venus
- B. Jupiter
- C. Sun
- D. Moon
- E. Mercury

324. Fenugreek

- A. Venus
- B. Jupiter
- C. Sun
- D. Moon
- E. Mercury

Special Supplementary Aids Section

325. Fast acting bulk fiber.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. None of the Above

326. Carries oxygen to the cells, promotes energy and concentration.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. Calcium

327. Cleanses blood, adds nutrition, promotes energy

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. Chlorophyll

328. Cleans and protects the liver, has anti-inflammatory properties, kills viruses and bacteria, an antitumor agent, protects the immune system.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. Reishi mushrooms

329. Cleans intestinal tract, helps nerves.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. None of the Above

330. Important in immune function, kills free radicals.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. Calcium

331. Replaces friendly bacteria to our intestinal tract, necessary for normal digestion.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. Reishi mushrooms

332. A liver cleanser, scrubs out intestine, adds minerals.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. Reishi mushrooms

333. A fat emulsifier that releases toxins from fat deposits, a main ingredient of every cell, aids fat digestion.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. None of the Above

334. Helps the body absorb calcium, counteracts glandular disorders.

- A. Acidophilus
- B. Magnesium
- C. Lecithin
- D. Alfalfa
- E. Reishi mushrooms

335. For proper bone function, works synergistically with magnesium.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. Calcium

336. Best vitamin to help the eyes, promotes growth and repair of body tissues.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. Calcium

337. Kills germs, promotes good respiratory system.

- A. DMG
- B. Vitamin C
- C. Vitamin A
- D. Coenzyme Q 10
- E. Calcium

338. Adds enzymes to help in the digestive system.

- A. Acidophilus
- B. Magnesium
- C. Pancreas homeopathy
- D. Alfalfa
- E. Reishi mushrooms

339. Helps liver to detoxify poisons, blood purifier and cleanser, rich in vitamins and minerals, diuretic which replaces potassium, neutralizes uric acid.

- A. Watermelon seeds
- B. Parsley
- C. Papaya
- D. Dandelion
- E. Red Clover

340. Natural antibiotic, kills bacteria, parasites and worms, cleans and strengthens the blood vessels.

- A. Ginger
- B. Fennel
- C. Garlic
- D. Pau D'Arco
- E. None of the Above

341. Works as a diffusive stimulant.

- A. Ginger
- B. Fennel
- C. Garlic
- D. Pau D'Arco
- E. None of the Above

342. Helps with digestion.

- A. Watermelon seeds
- B. Parsley
- C. Papaya
- D. Dandelion
- E. Red Clover

343. High in potassium, which gives muscle tone to bladder, increases flow of urine.

- A. Watermelon seeds
- B. Parsley
- C. Papaya
- D. Dandelion
- E. Red Clover

344. Cleans mucus from the system, fights infection, high in iron and minerals, curbs appetite, helps with depression.

- A. Watermelon seeds
- B. Parsley
- C. Papaya
- D. Dandelion
- E. Red Clover

345. Terrific diuretic!

- A. Watermelon seeds
- B. Parsley
- C. Papaya
- D. Dandelion
- E. Red Clover

346. Relieves gas, colic and cramps, nourishes the system.

- A. Ginger
- B. Fennel
- C. Garlic
- D. Pau D'Arco
- E. None of the Above

347. A blood cleanser with antibacterial properties, protects the liver, improves assimilation of nutrients, eliminates fungus infestations, and helps build the immune system.

- A. Ginger
- B. Fennel
- C. Garlic
- D. Pau D'Arco
- E. None of the Above

348. Calming for the nerves, balances hormones, cleansing for the liver and gallbladder.

- A. Black Cohosh
- B. Cascara Sagrada
- C. Burdock root
- D. Yellow Dock
- E. Milk Thistle

349. Supreme blood and lymphatic cleanser, balances hormones and prevents mineral deposits in joints, promotes kidney function to clear the blood of harmful acids.

- A. Black Cohosh
- B. Cascara Sagrada
- C. Burdock root
- D. Yellow Dock
- E. Milk Thistle

350. Expels tapeworms efficiently, nutritious.

- A. Ginger
- B. Fennel
- C. Garlic
- D. Pumpkin seeds

351. Cleanses and repairs liver damage, especially after heavy use of drugs or alcohol.

- A. Black Cohosh
- B. Cascara Sagrada
- C. Burdock root
- D. Yellow Dock
- E. Milk Thistle

352. Nutritive tonic very high in iron, nourishes the liver and spleen, helps clear intestinal tract of bacteria.

- A. Black Cohosh
- B. Cascara Sagrada
- C. Burdock root
- D. Yellow Dock

353. A safe laxative, stimulates the secretions of the digestive system, restores tone to relaxed bowel.

- A. Black Cohosh
- B. Cascara Sagrada
- C. Burdock root
- D. Yellow Dock

Short and Sweet Dictionary

354. Buckbean, March Clover

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

355. This fruit is earth-shaped, a little rougher than the common, sweet orange, and the flowers are more strongly scented.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry

356. They can be used either fresh or dried. Native Americans used it for rattlesnake bites and various women's health issues. During the mid-1800s, physicians prescribed this herb for arthritis, insomnia, menstrual cramps, and symptoms of influenza.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

357. This herb contains numerous chemical constituents, among them isoflavones like formononetin, which mimics hormonal activity.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Black Cohosh

358. Cherry Birch

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

359. The flowers of this herb yield the essential oil, Neroli, and the peel yields a volatile Oil of Birgarade.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

360. A tropical vine with yellow flowers and reddish tinged fruit native to South America, Asia and Africa.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

361. The essential oil expressed from the peel of the almost ripe fruit of the his herb's tree is dark yellow to olive yellow or pale brownish yellow color. The odor differs from other citrus oils, fresh and yet bitter with a rich and lasting, sweet back note.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

362. Side Effects: This herb or synephrine, found in bitter orange, has been associated with adverse cardiovascular reactions. Based on the Naranjo probability scale, Bitter orange is possibly associated with this cardiovascular event.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

363. The use of this herb -containing supplements may present as a risk for cardiovascular toxicity; however, additional studies/case reports are needed to validate this conclusion.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

364. The huckleberry of North America and the Bilberry of England are all closely related to the cranberry and blueberry. The ancients used them largely, and Dioscorides spoke of them highly. The ripe fruit is best for therapeutic purposes, but the leaves are used also.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

365. *Betula alba*, *B. lenta*

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

366. The name is a very ancient one, probably derived from the Sanscrit *bhurga*, 'a tree whose bark is used for writing upon.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry

367. Huckleberry

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

368. Coleridge speaks of it as the 'Lady of the Woods'. It is remarkable for its lightness, grace and elegance, and after a rain it has a fragrant odor.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry

369. The American species *Betula lenta*, oil is almost identical with Wintergreen oil, but is not as toxic.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

370. *Citrus vulgaris*

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry

371. Bigaradia
- A. Bitter Orange
 - B. Bitter Melon
 - C. Birch
 - D. Bilberry
 - E. Black Cohosh

372. This tree is extensively cultivated in France for the sole purpose of the Neroli oil. Since the outlawing of ma huang (ephedra) extracts have become more popular in many weight loss formulas for thermogenic and metabolic stimulating effects. Zhi shi is the immature dried fruit of citrus aurantium, also known as _____.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

373. Momordica charantia

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

374. The gourd-like fruit has a long history as a treatment for diabetes.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

375. Side Effects: If you are taking medication for your blood sugar levels, take to your doctor before trying the fruit, and keep a close eye on your blood sugar.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry

376. Cimicifuga racemosa

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

377. Black snake root

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

378. Squaw Root

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Blue Cohosh

379. Bugbane

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

380. This plant produces a stout, blackish rhizome, best collected in the fall, after the fruit is formed and the leaves have died down.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

381. An evergreen tree indigenous to Chile, long used in South American folk medicine to treat a wide range of intestinal problems and support of the liver.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

382. Side Effects: Not to be used by persons with gallstones, serious liver conditions or obstruction of the bile duct. Not for long term use. Consult your physician before using this product.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

383. Because the flowers and roots emit a strong odor that repels insects, the plant is also known as bugbane. The herb is a native of North America, where it grows freely in the shady woods in Canada and the US.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

384. The Algonquian word means rough, describing the appearance of the roots, which are the part harvested for medicinal purposes.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

385. Side Effects: Some people report an upset stomach or other gastric complaints. Prolonged use (longer than 6 months) could cause side effects. Not for use while pregnant or nursing.

- A. Bitter Orange
- B. Bitter Melon
- C. Birch
- D. Bilberry
- E. Black Cohosh

386. *Sanguinaria canadensis* L

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

387. This Herb is a wildflower that grows in North America as far west as Kansas. The name is derived from the color of the reddish roots which contain the phytochemical sanguinarine- the main ingredient in many commercially available mouthwashes, toothpastes and cough preparations.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

388. It acts as an antiseptic that prevents bacteria from forming plaque on teeth. It is not recommended to ingest sanguinarine, brush or gargle with the product, then spit it out. Side Effects: Aside from toothpastes and mouthwashes, do not use any supplemental or preparations of this herb.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

389. It is a dangerous herb that can contribute to glaucoma and induce a temporary case of tunnel vision. In their raw state root and root juice are corrosive.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

390. *Peumus boldus* Molina

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh

391. The fruits of Aniseed are a popular carminative (relief of gas pains.) One of the earliest known herbs, mentioned in record.

- A. Almond, Sweet
- B. Anise or Aniseed
- C. All-Heal
- D. Aloe Vera

392. *Prunella vulgaris* L.

- A. Almond, Sweet
- B. Anise
- C. All-Heal
- D. Aloe Vera
- E. Angelica

393. Mistletoe and Valerian, explaining the name of this herb whereby when you are hurt, you may heal yourself, as the bruised, fresh leaves.

- A. Almond, Sweet
- B. Anise
- C. All-Heal
- D. None of the Above

394. *Caulophyllum thalictroide*

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

395. Unrelated to black cohosh, the name is similarly derived from the Algonquian word meaning "rough" and refers to the root.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

396. This herb grows wild in the Appalachians west to the Mississippi. Considered to be one of the best uterine stimulants and menstruation-promoting herbs, it contains the phytochemical caluloposponin which actively stimulates uterine contractions and promotes blood flow to the pelvic region.

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

397. Side Effects: Because of its strong uterine stimulant properties, this herb should not be used at any time during pregnancy, except in the last week, under the supervision of a qualified naturopath or herbal specialist

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

398. *Menyanthes trifoliata*

- A. Bloodroot
- B. Bogbean
- C. Boldo
- D. Blue Cohosh
- E. None of the Above

399. Here is a vegetable: There is a recipe for cooking asparagus in the oldest surviving book of recipes, Apicius's 3rd century CE *De re coquinaria*.

- A. Ashwagandha
- B. Bacopa
- C. Asparagus
- D. Astragalus
- E. None of the Above

400. Huang qi

- A. Ashwagandha
- B. Bacopa
- C. Asparagus
- D. Astragalus
- E. None of the Above

You are finished with your assignment. Please fax the following answer key, registration page along with the customer survey to TLC.

Fax Number (928) 272-0747

Always call us after faxing to ensure we received the paperwork.

Allow two weeks for processing and for the proper forms to be sent back to you.

When you are finished, please e-mail or fax TLC your answers and registration form. If you need this graded and a certificate mailed back to you with in 48-hours, prepare to pay an additional rush handling fee.

Thank you for your business.