

~ A Healthier You ~

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When I surrender, the Universe moves.
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Sheep Sorrel - very high in iodine

Ever wonder what minerals are found in herbs?

Besides being healing for particular ailments, herbs also contain some very specific vitamins and minerals. If you're looking for a natural way to add necessary minerals to your diet, consider the following:

Calcium: coltsfoot, chives, chamomile, caraway seed, cleavers, dandelion, dill, horsetail, meadow sweet, mistletoe, nettles, parsley, pimpernel, plantain, raspberry shepherd's purse, silverweed, watercress, yellow dock.

Chlorophyll: alfalfa and most leafy green potherbs.

Chlorine: alfalfa, dandelion, dill stems, fennel stems, goldenseal, kelp, myrrh, nettles, parsley, plantain, raspberry, uva ursi, watercress, wintergreen.

Copper: agar-agar, dandelion, dulse (seaweed), kelp (seaweed), liverwort, nettles, parsley, sorrel.

Fluorine: corn silk, dill, garlic, horsetail, plantain, watercress.

Iodine: dulse (seaweed), garlic, Irish moon, kelp, sarsaparilla, mustard, parsley, sheep sorrel.

Iron: alfalfa, burdock, blue cohosh, cayenne, dandelion, dulse (seaweed), kelp (seaweed), mullein, nettles parsley, pokeweed, rhubarb, rose hips, yellow dock.

Magnesium: alfalfa, blue cohosh, carrot leaves, cayenne, dandelion, dill, kelp, mistletoe, mullein, nettles, peppermint, primrose, raspberry, skullcap, walnut leaves, willow, wintergreen.

Manganese: agar-agar, bladderwrack (seaweed), burdock, dulse (seaweed), kelp (seaweed), nettles, sorrel, strawberry leaves, wintergreen, yellow dock.

Phosphorus: alfalfa, blue cohosh, calamus, calendula, caraway, cayenne, chickweed, dandelion, garlic, Irish moss, kelp, licorice, parsley, purslane, pokeweed, raspberry, rhubarb, rose hips, watercress, yellow dock.

Potassium: alfalfa, blue cohosh, birch, borage, chamomile, colts foot, comfrey, centaury, dandelion, dulse (seaweed), eyebright, fennel, Irish moss, kelp, mistletoe, mullein, nettles, papaya, parsley, peppermint, plantain, primrose, raspberry, shepherd's purse, white oak bark, wintergreen, yarrow.

Selenium: kelp, most seaweeds.

Silicon: alfalfa, blue cohosh, burdock, chickweed, corn silk, flaxseed, horsetail, kelp, nettle, poppy seed, raspberry, sunflower seed.

Sodium: apple tree bark, alfalfa, cleavers, dandelion, dill, dulse (seaweed), fennel, Irish moss, kelp, mistletoe, nettles, parsley, shepherd's purse, thyme.

Sulphur: alfalfa, burdock, cayenne, coltsfoot, eyebright, fennel, garlic, Irish moss, kelp, mullein, nettles, parsley, plantain, raspberry, sage, shepherd's purse, thyme.

Zinc: kelp, marshmallow.

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