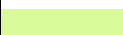
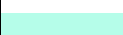


Colour Code for JRHCs

Color		Represents	Examples
pink		antitussives, milder antispasmodics	Glycyrrhiza, Hyssopus, Marrubium, Prunus
pink, dark		antispasmodics	Lobelia, Thymus, Viburnum
red, pink		heart tonics	Cinchona, Crataegus, Leonurus
red		hot acrid circulatory stimulants	Capsicum, Cinnamomum bark, Zanthoxylum, Zingiber (dried)
salmon pink		acrid surface-active herbs, warm or cool	Achillea, Echinacea, Salvia, Thymus
orange		warm acrid circulatory stimulants	Angelica arch., Commiphora, Myrica, Thuja,
orange, medium		warm acrid aromatics	Foeniculum, Rosmarinus, Turnera
orange pale		warm acrid aromatic anticatarrhals	Acorus, Citrus, Juniperus, Polygala,
yellow, dark		sl. warm/stimulant sweet tonics	Angelica sin., Astragalus, Panax ginseng
yellow, light		neutral or cool sweet tonics	Althea, Glycyrrhiza, Lycium, Ophiopogon, Pseudostellaria, Serenoa
green, apple		aromatic herbs, warm or cool	Artemisia, Curcuma, Lavandula, Mentha piperita, Ruta, Salvia off.,
green, grey		neutral to cool bitters	Achillea, Gentiana, Silybum
green, mucus		cool anticatarrhals	Echinacea, Euphrasia, Phytolacca,
green, bright		astringents that firm/tonify Kidney	Hypericum, Schisandra
turquoise, light		neutral to cool astringents	Aesculus, Hamamelis, Plantago, Polygonum, Potentilla, Quercus
turquoise		aromatic Kidney tonics	Juniperus, Ruta, Turnera, Thymus
blue, bright		diuretics	Juniperus, Parietaria, Solidago, Taraxacum
blue, light		tranquillizers	Anemone, Lavandula, Nepeta, Passiflora,
blue, medium		sedatives	Humulus, Piscidia, Valeriana
blue, dark		draining bitters, cool to cold includes antimicrobials, antipyretics, purgatives	Arctostaphylos, Asclepias, Berberis, Echinacea, Hydrastis, Isatis, Salvia mil., Rheum, Taraxacum
lilac		anti-inflammatories, cool	Calendula, Chamomilla, Euphrasia, Echinacea, Filipendula,
pink, pale		uterine tonics/regulators	Chamaelirium, Cimicifuga, Mentha pul., Ruta

Notes

1. Color-code is only an *approximate* guide, used to divide combinations into their singles, pairs, and trios for easy viewing. If two of the herbs in a trio are cold bitters, such as Taraxacum and Rheum, the third herb in the trio may be color-coded the same, even if it is not cold, for example, Achillea.

2. Since herbs can have more than one action, the same herb may be in more than one category, depending on the herb with which it is paired. For example, Plantago may be color-coded as an astringent if paired with Potentilla, or as an anti-inflammatory if paired with Chamomilla.