



Liquid Blends for the
Cardiovascular System

Why Use Liquid Herbs?

The art and skill of mixing individualised herbal formulations is what sets naturopaths and herbalists apart from other healthcare professionals. Liquid blending has rich tradition based on wholistic principles to provide clinically-effective results and improve the lives of patients. Receiving an individualised formula fosters the patient's confidence that they are receiving the best possible healthcare.

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Considerations When Treating the Cardiovascular System

Beyond Cardiotonics

The key considerations when selecting herbs to treat the underlying drivers of cardiovascular conditions are:

- Inflammation
- Oxidative Stress
- Mitochondrial dysfunction
- Endothelial dysfunction
- Micro/vascular integrity

Chronic inflammation is considered to be a key factor in the pathophysiology of cardiovascular disease and a key contributor to atherosclerosis. Inflammation leads to high reactive oxygen species (ROS) production, through the attenuation of endogenous antioxidant production. Oxidative stress can lead to smooth muscle and endothelial dysfunction and triggers immune responses. It is because of this, that it is a factor in atherosclerosis progression.¹

Mitochondrial dysfunction and oxidative stress are interrelated and associated with cardiac disease, it is hypothesised that this is due to uncontrolled ROS production and insufficient production of cellular energy.²

Microvascular and endothelial dysfunction can contribute to complications such as hypertension, myocardial ischaemia, thrombosis and dysfunction precedes atherosclerosis.³

As such, a holistic treatment plan for cardiovascular support will target these key areas, in addition to addressing weight, diet and lifestyle.

Table of Actions

Antiarrhythmics

Corydalis
Dong quai
Hawthorn berries, leaves
and flowers
Motherwort
Tienchi ginseng

Anti-inflammatory

Turmeric
Boswellia
Ginger
Olive leaf
Willow bark

Anticoagulant

Dan shen

Nrf2 Inducer (Antioxidant)

Arjuna
Bilberry
Garlic
Ginkgo
Grapeseed
Green tea
Hawthorn berries, leaves
and flowers
Olive leaf
Polygonum
Pomegranate
Rosemary
Turmeric
St. Mary's thistle

Anti-platelet activating factor (PAF)

Ginkgo

Cardioprotective

Dan shen
Hawthorn berries, leaves
and flowers
Arjuna
Tienchi ginseng

Cardio Tonic

Arjuna
Astragalus
Coleus
Hawthorn berries, leaves
and flowers
Korean ginseng
Motherwort

Circulatory Stimulant

Cayenne
Ginger (peripheral)
Ginkgo
Horseradish
Prickly ash
Rosemary
Cinnamon

Hypocholesterolemic

Fenugreek
Garlic
Globe artichoke
Green tea
Gymnema
Arjuna
Tienchi ginseng

Hypolipidemic

Arjuna
Fenugreek
Garlic
Globe artichoke
Gymnema
Phellodendron
Turmeric
Gynostemma (adjuvant)

Hypotensive

Astragalus
Coleus
Cramp bark
Dan shen
Garlic
Hawthorn berries, leaves
and flowers
Motherwort
Olive leaf
Zizyphus
Gynostemma (adjuvant)
Celery
Nigella
Dandelion leaf
Baical skullcap
Valerian/Mexican valerian
(stress associated)

Peripheral Vasodilator

Cramp bark
Hawthorn berries, leaves
and flowers
Lime flowers
Yarrow

Vasoprotective

Bilberry
Grapeseed

Venotonic

Butcher's broom
Grapeseed
Horsechestnut

Cardio Tonics and Hypertension

Herbal Recipes

Cardio Tonic V.1

Korean ginseng	1:2	15 mL
Coleus	1:1	40 mL
Ginkgo	2:1	25 mL
Arjuna	1:2	20 mL
		100 mL
		7.5 mL bd

*Consider adding Ubiquinol capsules

Cardio Tonic V.2

Hawthorn leaves and flowers	1:2	10 mL
Astragalus	1:2	30 mL
Turmeric	1:1	35 mL
Tienchi ginseng	1:2	25 mL
		100 mL
		7.5 mL bd

*Consider adding Ubiquinol capsules

Cardio Tonic with Associated Stress

Motherwort	1:2	25 mL
Gynostemma	1:1	25 mL
Zizyphus	1:2	40 mL
Korean ginseng	1:2	10 mL
		100 mL
		7.5 mL bd

Cardio Tonic for Met-S

Dan Shen	1:2	25 mL
St. Mary's Thistle	2:1	30 mL
Nigella	1:2	30 mL
Gymnema	1:1	25 mL
		100 mL
		7.5 mL bd

Hypertension

Olive Leaf	1:2	35 mL
Hawthorn leaves and flowers	1:2	20 mL
Dan shen	1:2	30 mL
Yarrow	1:2	15 mL
		100 mL
		7.5 mL bd

Hypertension with Associated Stress

Motherwort	1:2	15 mL
Zizyphus	1:2	40 mL
Astragalus	1:2	30 mL
Lime flowers	1:2	15 mL
		100 mL
		7.5 mL bd

Renal Support and Associated Hypertension

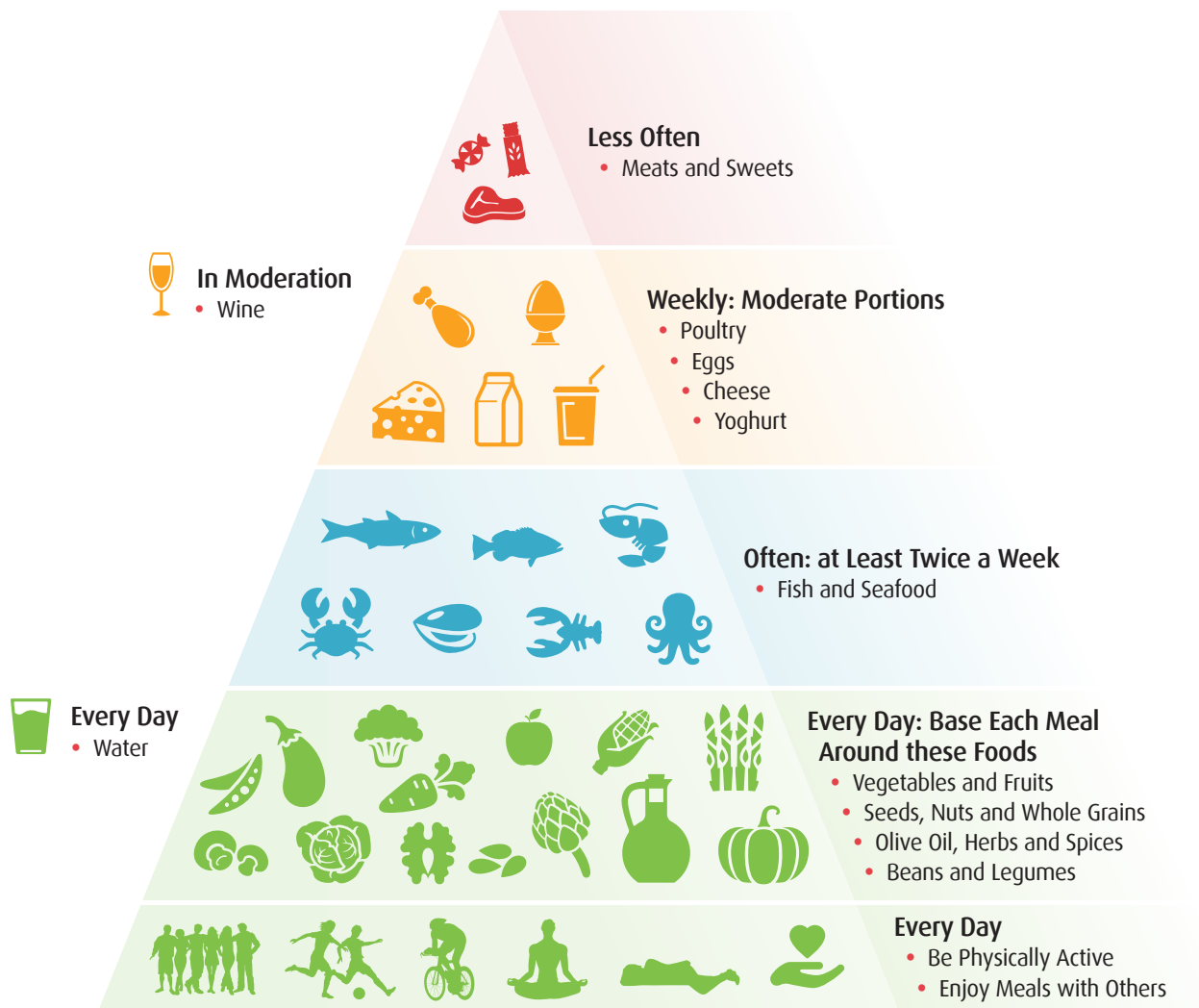
Ginkgo	2:1	25 mL
Astragalus	1:2	35 mL
Dandelion Leaf	1:1	40 mL
		100 mL
		7.5 mL bd



Leonura cardiaca

The Mediterranean Diet⁴

Studies indicate that adherence to the Mediterranean Diet is associated with reductions in cardiovascular disease and improvement of cardiovascular health outcomes. It includes high amounts of plant based whole foods (minimally processed), monounsaturated fat from olive oil and low amounts of dairy, meat and saturated fat.⁵



☺☺

The leaf, flower and berry of several species of hawthorn are used medicinally... References to hawthorn are extensive throughout history and the shrub has been utilised in many ways including for wood, cultivation as a hedge and for flavouring of liquor by the berries.

☺☺

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Crataegus monogyna

Complementary Support for Common Presentations

Herbal Recipes

Rhythm Support

Tienchi ginseng	1:2	40 mL
Corydalis	1:1	30 mL
Hawthorn leaves and flowers	1:2	30 mL
		100 mL
		7.5 mL bd

Atrial Rhythm Support

Arjuna	1:2	30 mL
Pomegranate	1:2	50 mL
Hawthorn leaves and flowers	1:2	20 mL
		100 mL
		7.5 mL bd

Cardiac Efficiency Support

Hawthorn leaves and flowers	1:2	30 mL
Arjuna	1:2	40 mL
Olive leaf	1:2	30 mL
		100 mL
		7.5 mL bd

Palpitations with Stress

Motherwort	1:2	25 mL
Hawthorn leaves and flowers	1:2	20 mL
Passionflower	1:2	30 mL
Lime flowers	1:2	25 mL
		100 mL
		7.5 mL bd

Cardiac Blood Flow

Hawthorn leaves and flowers	1:2	30 mL
Arjuna	1:2	45 mL
Ginkgo	2:1	25 mL
		100 mL
		7.5 mL bd

Circulation and Microcirculation

Herbal Recipes

Microcirculation Support

Ginkgo	2:1	28 mL
Gotu kola	1:1	40 mL
Korean ginseng	1:2	32 mL
		100 mL
		7.5 mL bd

Poor Circulation

Ginkgo	2:1	28 mL
Prickly ash	1:2	30 mL
Cinnamon	1:4	42 mL
		100 mL
		7.5 mL bd

*Consider green tea in the diet

Poor Circulation (Cold Peripheries)

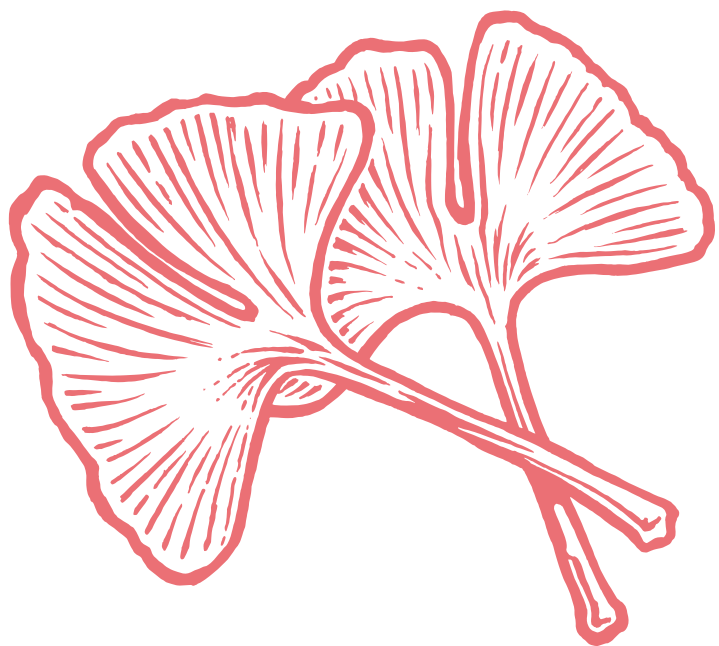
Ginkgo	2:1	25 mL
Rosemary	1:2	30 mL
Prickly ash	1:2	10 mL
Ginger	1:2	5 mL
Horseradish	1:2	30 mL
		100 mL
		7.5 mL bd

Poor Circulation with Oedema

Ginkgo	2:1	28 mL
Dandelion leaf	1:1	40 mL
Rosemary	1:2	22 mL
Ginger	1:2	10 mL
		100 mL
		7.5 mL bd

Raynaud's Syndrome

Prickly ash	1:2	30 mL
Ginkgo	2:1	25 mL
Echinacea Premium	1:2	35 mL
Ginger	1:2	10 mL
Cayenne	1:3	2.5 mL
		102.5 mL
		7.5 mL bd



Ginkgo biloba

Kerry Bone's Microcirculation Diet

1. **Boost dietary nitrate:** green leafy vegetables, but especially beetroot as juice or a supplement
2. **Increase cocoa intake:** 85% chocolate, about 20 g or 1-2 squares per day
3. **Increase berry anthocyanin intake:** 50-100 g or ½ punnet of blueberries, strawberries, raspberries and/or blackberries
4. **Raw crushed garlic:** ½ to 1 clove per day
5. **Increase herbs and spices:** especially green tea (3 to 4 cups per day), turmeric and ginger



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Horsechestnut seeds and bark have been extensively used in European herbal medicine since the 16th century and a wine based on the flowers was imbibed for neuralgia and arthritis... the herbal use of the seed is used principally for the improvement of vein health.

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Vascular Integrity / Venous Insufficiency

Herbal Recipes

Capillary Health

Bilberry	3:1	40 mL
Ginkgo	2:1	28 mL
Gotu kola	1:1	32 mL
		100 mL
		7.5 mL bd

Chronic Venous Insufficiency Support

Horsechestnut	1:2	20 mL
Ginkgo	2:1	25 mL
Butcher's broom	1:2	30 mL
Bilberry	3:1	25 mL
		100 mL
		7.5 mL bd with food

*Add Echinacea if ulceration present

Hemorrhoids

Horsechestnut	1:2	25 mL
Butchers broom	1:2	40 mL
Yarrow	1:2	35 mL
		100 mL
		7.5 mL bd with food

Post Thrombotic Syndrome Support

Ginkgo	2:1	25 mL
Horsechestnut	1:2	25 mL
Butcher's broom	1:2	30 mL
Hawthorn berries	1:2	20 mL
		100 mL
		7.5 mL bd with food

*Consider adding grapeseed or bilberry tablets

Micro/Vascular Integrity

Bilberry	3:1	30 mL
Ginkgo	2:1	20 mL
Turmeric	1:1	50 mL
		100 mL
		7.5 mL bd with food

Varicose and Spider Veins

Gotu kola	1:1	35 mL
Horsechestnut	1:2	25 mL
Butcher's broom	1:2	40 mL
		100 mL
		7.5 mL bd with food

*Consider adding grapeseed tablets

*Horsechestnut is high in saponins and can cause gastric upset, ensure to prescribe with food.



Ruscus aculeatus

Healthy Blood Lipids and Cholesterol

Herbal Recipes

Healthy Blood Lipids 1

Gynostemma	1:1	30 mL
Fenugreek	1:2	20 mL
Nigella	1:2	30 mL
Globe artichoke	1:2	20 mL
		100 mL
		7.5 mL bd

*Consider phellodendron tablets

Healthy Blood Lipids 2

Gymnema	1:1	30 mL
Fenugreek	1:2	30 mL
St. Mary's thistle	2:1	40 mL
		100 mL
		7.5 mL bd

Healthy Blood Viscosity

Coleus	1:1	40 mL
Dan shen	1:2	25 mL
Ginger	1:2	10 mL
Ginkgo	2:1	25 mL
		100 mL
		7.5 mL bd

Hypocholesterolemic 1

Globe artichoke	1:2	55 mL
Arjuna	1:2	20 mL
Gymnema	1:1	25 mL
		100 mL
		7.5 mL bd

*Consider garlic tablets

Hypocholesterolemic 2

Fenugreek	1:2	20 mL
Tienchi ginseng	1:2	25 mL
Globe artichoke	1:2	55 mL
		100 mL
		7.5 mL bd

*Consider garlic tablets

Plaque Stabilising Support

Gotu kola	1:1	40 mL
Ginkgo	2:1	20 mL
Pomegranate	1:2	40 mL
		100 mL
		7.5 mL bd

*Consider adding grapeseed tablets/Nrf2 herbs/N-acetyl cysteine powder

“

The leaves of Cynara have a well-established reputation for stimulating bile and urine flow, restoring the liver and lowering cholesterol.

”

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Cynara scolymus

Antioxidants and Anti-inflammatory Support

Herbal Recipes

Anti-inflammatory 1

Turmeric	1:1	40 mL
Ginger	1:2	10 mL
Hawthorn berries	1:2	50 mL
		100 mL
		7.5 mL bd

*Consider adding boswellia tablets

Anti-inflammatory 2

Bilberry	3:1	25 mL
Willow bark	1:2	25 mL
Arjuna	1:2	50 mL
		100 mL
		7.5 mL bd

*Consider adding boswellia tablets

Antioxidant Cardio Formula 1

Hawthorn berries	1:2	40 mL
Rosemary	1:2	20 mL
Arjuna	1:2	40 mL
		100 mL
		7.5 mL bd

Antioxidant Cardio Formula 2

Olive leaf	1:2	40 mL
Turmeric	1:1	35 mL
Arjuna	1:2	25 mL
		100 mL
		7.5 mL bd

Nrf2 Inducer (Antioxidant) 1

Rosemary	1:2	30 mL
Ginkgo	2:1	28 mL
Hawthorn berries	1:2	42 mL
		100 mL
		7.5 mL bd

*Consider adding garlic or grapeseed tablets

Nrf2 Inducer (Antioxidant) 2

Schisandra	1:2	40 mL
Turmeric	1:1	35 mL
Ginkgo	2:1	25 mL
		100 mL
		7.5 mL bd

*Consider adding garlic or grapeseed tablets

*The Nrf2 pathway regulates endogenous antioxidant expression, targets genes associated with antioxidant synthesis and maintains cellular homeostasis, thus protecting the body against free radical damage.⁶

Healthy Mitochondria

Herbal Recipes

Healthy Mitochondria 1

Coleus	1:1	40 mL
Gynostemma	1:1	20 mL
Ginkgo	2:1	20 mL
Rosemary	2:1	20 mL
		100 mL
		7.5 mL bd

Healthy Mitochondria 2

Hawthorn berries	1:2	40 mL
Korean ginseng	1:2	30 mL
Gynostemma	1:1	30 mL
		100 mL
		7.5 mL bd

*Consider NAC powder, ubiquinol, polygonum (resveratrol) and vitamin B3

☞

Described by Charles Darwin as a living fossil, it may have been saved from extinction by the Chinese who revered the tree and planted it around their temples. While Ginkgo nuts are used in traditional Chinese medicine (TCM), the modern use (is) of the green leaf.

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Pregnancy

Herbal Recipes

Cardio Tonic

Astragalus	1:2	40 mL
Bilberry	3:1	30 mL
Codonopsis	1:2	30 mL
		100 mL
		7.5 mL bd

Haemorrhoids

Butcher's broom	1:2	50 mL
Horsechestnut	1:2	20 mL
St. Mary's thistle	2:1	30 mL
		100 mL
		5 mL tds with food

Healthy Blood Pressure

Olive leaf	1:2	50 mL
Astragalus	1:2	50 mL
		100 mL
		7.5 mL bd

Varicose Veins (1st / 2nd Trimester)

Butcher's broom	1:2	42 mL
Horsechestnut	1:2	30 mL
Ginkgo	2:1	28 mL
		100 mL
		5 mL tds with food

Varicose Veins (3rd Trimester)

Bilberry	3:1	30 mL
Butcher's broom	1:2	40 mL
Horsechestnut	1:2	30 mL
		100 mL
		5 mL tds with food

*Horsechestnut is high in saponins and can cause gastric upset, ensure to prescribe with food. Best to prescribe lower, more frequent doses to avoid gastric upset in pregnancy (5ml tds). Or consider a delayed release tablet.

Lactation

Herbal Recipes

Blood Building

Withania	2:1	30 mL
Codonopsis	1:2	40 mL
Nettle leaf	1:2	30 mL
		100 mL
		7.5 mL bd

Cardio Tonic

Astragalus	1:2	50 mL
Motherwort	1:2	25 mL
Olive leaf	1:2	25 mL
		100 mL
		7.5 mL bd

Healthy Blood Pressure

Motherwort	1:2	25 mL
Lime flowers	1:2	25 mL
Olive leaf	1:2	25 mL
Hawthorn leaves and flowers	1:2	25 mL
		100 mL
		7.5 mL bd

Healthy Circulation

Ginger	1:2	12 mL
Prickly ash	1:2	30 mL
Rosemary	1:2	30 mL
Ginkgo	2:1	28 mL
		100 mL
		7.5 mL bd

Varicose Veins/Haemorrhoids

Bilberry	3:1	40 mL
Ginkgo	2:1	28 mL
St. Mary's thistle	2:1	32 mL
		100 mL
		7.5 mL bd



Vaccinium myrtillus

Cardiovascular Herb/Drug Interactions

Herb	Anti-Arhythmics	Cardiac Glycosides	ACE Inhibitors	AR2 Antagonists	Beta Blockers	Ca Channel Blockers	Statins	Diuretics	Coumadins/ Anti-Coagulants/ Anti-platelets
Arjuna									
Astragalus									
Baical skullcap									
Bilberry									Coumadins
Butcher's broom									
Cayenne									
Celery seed									
Cinnamon									
Codonopsis									
Coleus									
Cramp bark									
Dan shen									
Dandelion leaf									
Dong quai									
Fenugreek									
Ginger						Nifedipine			Coumadins
Ginkgo						Nifedipine			
Globe artichoke									
Gotu kola									
Gymnema									
Gynostemma									
Hawthorn leaves/berries									
Horsechestnut									
Horseradish									
Korean ginseng									Warfarin
Lime flowers									
Motherwort									
Nettle leaf									
Nigella									
Olive leaf									
Pomegranate									Warfarin
Prickly ash									
Rosemary									
St. Mary's thistle									Coumadins
Tienchi ginseng									
Turmeric									
Withania									
Yarrow									
Zizyphus									

■ Safe to use under professional supervision
 ■ Use with caution
 ■ Contraindicated and not recommended for use

For all yellow cautions, please call our friendly Clinical and Technical Support team on 1300 654 336 for detailed and individual patient advice.

Additional Resources:

Downloadable resources (located under "Clinic Resources" on myintegria.com):

- *Liquid Blends for Immunity*
- *Liquid Blends for Digestion*
- *Liquid Blends for Stress*
- *Liquid Blends for Topical Applications*

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To discuss individual patient safety considerations, please contact Integria Clinical and Technical Support on 1300 654 336 or via live chat on www.mediherb.com.au.

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