

Mirja Holtrop

# The little book of micronutrients



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**Distribution:**

Dr. Rath Education Services B.V.  
Postbus 656  
NL-6400 AR Heerlen  
Tel.: 0031-457-111 223  
Fax: 0031-457-111 119  
E-Mail: [info@rath-eduserv.com](mailto:info@rath-eduserv.com)  
Internet: [www.drrathbooks.com](http://www.drrathbooks.com)

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**Edible wild herbs**

**Anise**

Digestive, helps with flatulence and colic, has a calming effect, soothes coughing.

**Valerian**

Helps with nervous tension and inner restlessness, has soothing effect on stomach.

**Birch leaves**

Detox, perfect for regeneration of the skin and for flushing the kidneys.

**Nettle**

Diuretic, contains iron, haemostatic and lowers blood sugar levels.

**Marshmallow root**

Soothes coughing, bronchitis, inflammation and cramps in the digestive system.

**Fennel seeds**

For colic, cramps, bloating and flatulence, expectorant and analgesic.

**Fleawort**

Helps digestion, regulates blood sugar levels, supports immune system.

### **Ginkgo leaves**

Soothes the central nervous system, calming effect, increases mental performance.

### **Hops**

Works well for sleeping disorders, anxiety, upset bowel.

### **Chamomile**

Highly antibacterial, antiviral, supports immune system, disinfects the bowel.

### **Dandelion**

Soothes gallbladder and liver, increases metabolism.

### **Milk thistle seeds**

Works well for chronic inflammatory liver diseases and cirrhosis, supports therapy of severe liver damages and dyspeptic disorders.

### **Lavender flowers**

Calming sleeping aid, aids problematic skin.

### **Calendula**

Antimicrobial, anti-inflammatory, supports wound healing, immune stimulating, external for hair and skin.

### **Horsetail**

Stabilizes connective tissue, analgesic.

### **Yarrow**

Blood purifying, antispasmodic, helps with menstruation problems.

### **Black cumin seed**

Alleviates allergies, helps with psoriasis and strengthens the immune system.

### **Common centaury**

Beneficial for stomach ache, inner restlessness, anemia and diabetes.

### **Thyme**

For coughing, catarrh, asthma, stabilizes low blood pressure and enhances concentration.

### **Siberian ginseng**

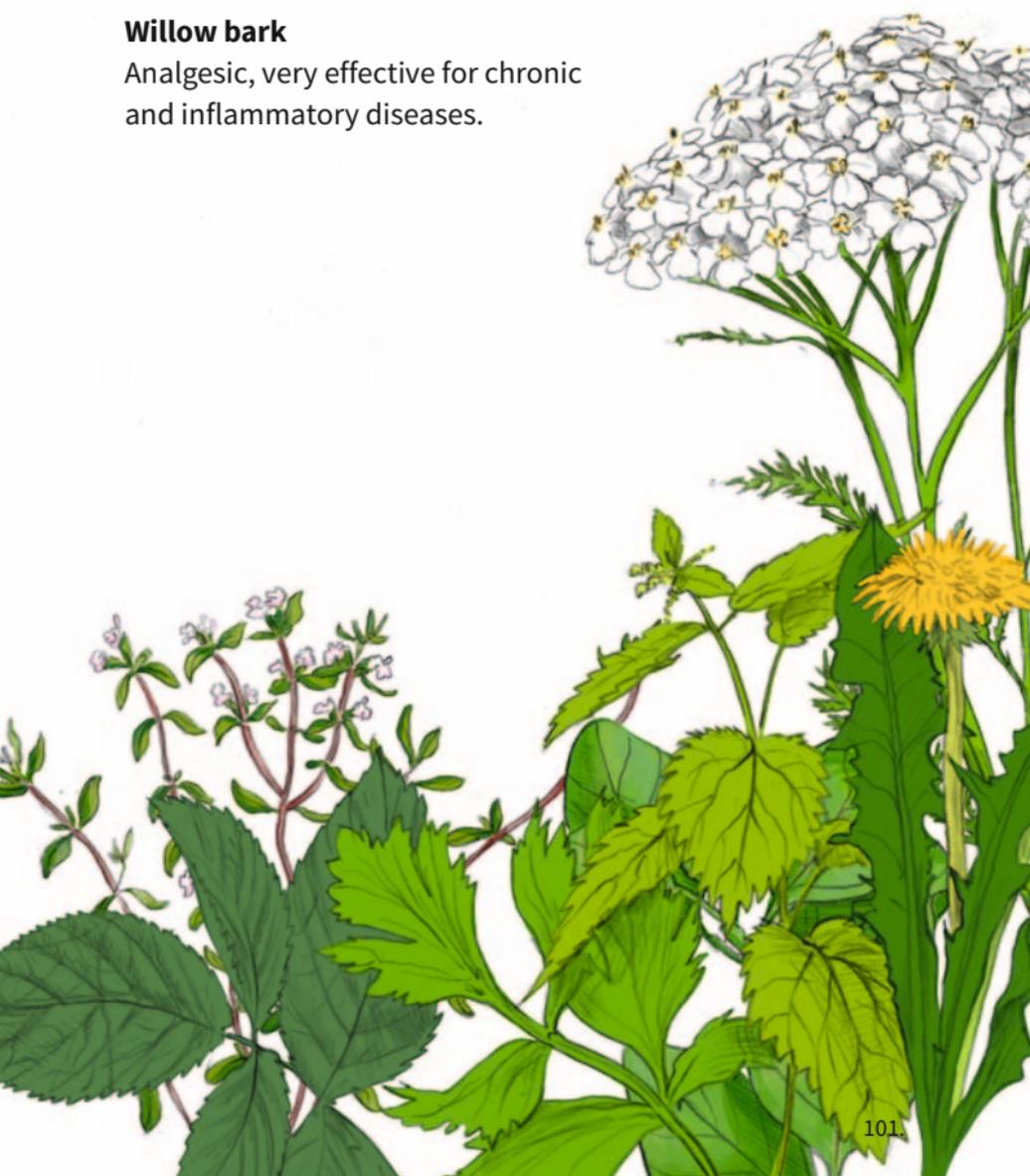
Strengthens the energy levels, stabilizes the blood circulation, has cholesterol lowering properties.

### **Devil's claw**

Helps with rheumatism and other inflammations, analgesic, works well for menopausal problems.

### **Willow bark**

Analgesic, very effective for chronic and inflammatory diseases.



## More books by Mirja Holtrop

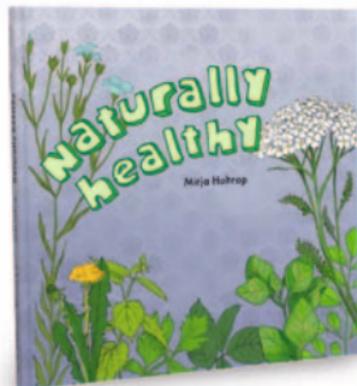


**The secret of cells**  
**Mirja Holtrop, Matthias Rath M.D.**  
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English | hardcover | 2004

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This book pictures common diseases,  
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Health is possible. Naturally.

ISBN: 978-94-92173-05-8

English | softcover | 2014

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Important Micronutrients  
in a nutshell.

A reference work  
perfect for travel.

