

ACCESSIBLE HERBS FOR GENTLE ELIMINATION SUPPORT

Welcome! You're here because you're tired of the wellness industry's fear-mongering and ready for a practice rooted in resilience, not restriction. Your body is not toxic—it's brilliant. This quick guide shows you how to gently support your system using simple, affordable plants.

PART 1: YOUR BODY IS NOT THE ENEMY

The detox industry relies on a foundation of panic. They want you to believe your body is failing. The truth is, your body has five elimination organs designed to constantly filter metabolic waste:

The Liver: The main transformation factory, breaking down everything from hormones to environmental substances and preparing them to be expelled from the body through urine or stool.

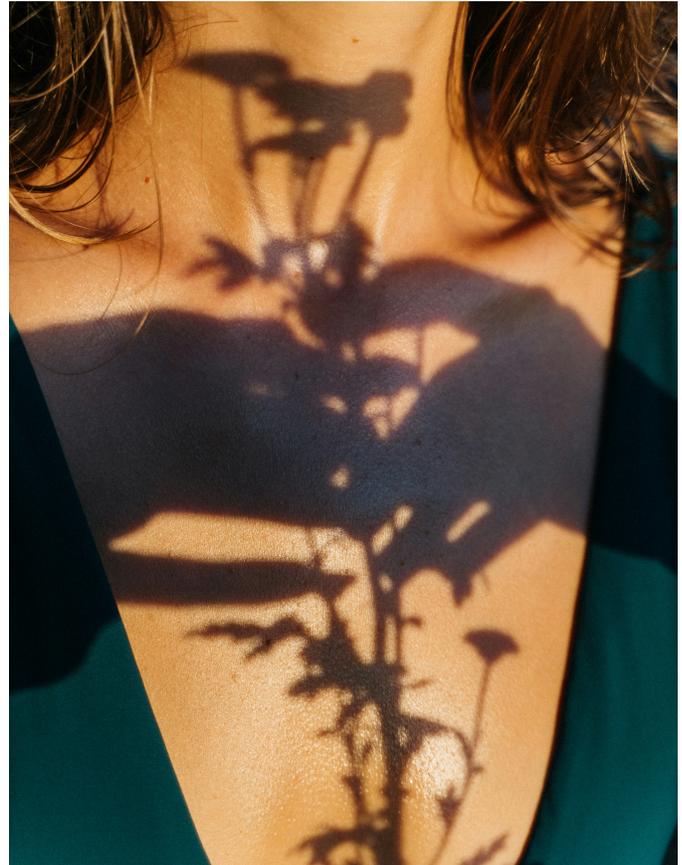
The Kidneys: Filter blood, manage fluid-electrolyte balance, and ensure waste leaves via urine.

The Bowels (Intestines): Responsible for physically removing solid waste and metabolized food from the body, including the waste products that sent from the liver to the bowel through bile, a fluid the liver produces.

The Lungs: Remove carbon dioxide and other volatile waste products of the body's cells, plus particles like dust and bacteria that get caught in the airways to form phlegm.

The Skin: Excretes sweat which manages body temperature and also contains excess water, salts, and small amounts of metabolic waste.

Our job as herbalists is not to "cleans" the body aggressively, but to give these organs the nutritional support they need to perform their natural, constant work optimally.



PART 2: THE KINDER WAY- MEET ALTERATIVE HERBS

The traditional definition of an alterative plant is one that is "blood-cleansing." Thanks to modern science, however (and despite the wellness industry's ads), if your blood were toxic—you'd be in the ICU.

A more accurate definition of an **Alterative** (all-TEAR-uh-tiv) is:

A plant that gradually restores overall body function, vitality, and metabolism by providing specialized nourishment and support to the body's own elimination organs.

Other terms you might see used to describe alterative herbs are: *nutritive, restorative, nourishing, tonic*

Alteratives don't purge; they nourish and bolster. They help the elimination organs (liver, kidneys, lungs, bowels) perform their jobs optimally, even under added environmental pressure.



Alteratives Work Slowly (And That's the Point)

Alteratives are the opposite of a quick fix. They typically have a slow action, requiring a **2–3 month period of continuous use**. A deficiency or imbalance didn't happen overnight; it took months or years to develop. It takes consistency to restore balance and rebuild reserves.

Working with alteratives—while less "sexy" and trendy than symptom-focused herbs—is meant to address the underlying cause of systemic sluggishness. In this way, we bolster our systems to be more resilient, potentially avoiding the development of chronic conditions altogether.

ALTERATIVE ALLIES FOR SYSTEMIC SUPPORT

These plants each work in their own unique ways to supply nutrition, support elimination, stimulate digestion, or regulate the immune system.

Here are several herbs that are known alteratives, which all work in their own different and unique ways, with countless **secondary actions and energetics** that we can match to our unique needs. In other words: they are not all the same and **all** of their actions and contraindications should be understood before working with them (we cover all of that in the Intensive).

Mild alteratives:

Garlic *Allium sativum*, Black Cohosh *Cimicifuga racemosa* (endangered), Purple Cone Flower *Echinacea spp.* (endangered), Plantain *Plantago spp.*, Violet *Viola spp.*, Chickweed *Stellaria media*

Strong alteratives:

Burdock *Arctium lappa*, Cleavers *Galium aparine*, Red Clover *Trifolium pratense*, Stinging Nettle *Urtica dioica*, Oregon grape *Mahonia aquifolium*, Dandelion *Taraxacum officinale*, Goldenseal *Hydrastis canadensis* (endangered), Yellow Dock *Rumex crispus*

Very strong alteratives: Use with caution and advanced training only

Poke *Phytolacca americana*, Bloodroot *Sanguinaria canadensis* (endangered).

PART 3: THE GENTLE ALTERATIVES (ACCESSIBLE ALLIES)

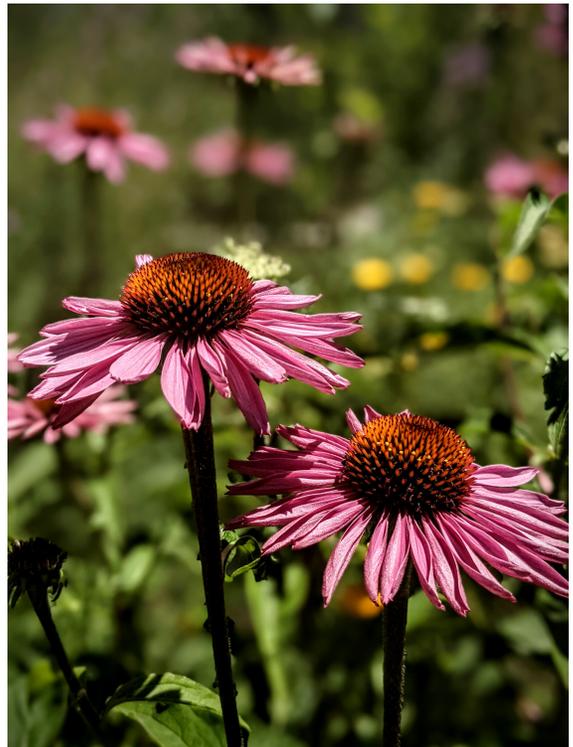
These five herbs are some of our most accessible Alternatives—plants that restore overall body function and metabolism. You can easily find them affordably in bulk or in your own kitchen.

! IMPORTANT SAFETY NOTE: Just because herbs are natural, doesn't mean they are automatically safe for everyone.

If you are pregnant, nursing, or taking prescription medications (especially blood thinners), please consult a qualified healthcare provider before using these herbs consistently.



Ribwort Plantain *Plantago lanceolata*



Purple Coneflower *Echinacea spp.*
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Herb Ally	Primary Action	Supports Organ(s)	Contraindications (C/T)	Preparation Tip
1. Dandelion Leaf (<i>T. officinale</i>)	Diuretic & Nutritive. Gentle, high in vitamins/minerals. Encourages waste elimination without depletion.	Kidneys	Bile Duct Obstruction / Gallstones: Stimulates bile flow. Avoid if obstruction is known.	Steep 1 tsp dried leaf in hot water for 10 min. Drink as a simple tea.
2. Nettle Leaf (<i>Urtica dioica</i>)	Tonic & Nourishing. Packed with bioavailable nutrients (iron, magnesium). Bolsters overall vitality and resilience.	Kidneys, Skin	Blood Thinners: Use cautiously, as high Vitamin K content <i>may</i> rarely interact. Use with care if sensitive to diuretics.	Best taken as a long infusion (4+ hours) to extract minerals.
3. Burdock Root (<i>Arctium lappa</i>)	Deep Liver & Skin Support. Promotes bile flow and supports the liver's processing capacity. Excellent for chronic skin issues.	Liver, Skin	Bile Duct Obstruction / Gallstones: Stimulates bile flow. Avoid if obstruction is known.	Must be decocted (simmered for 20 mins) to draw out the root's deep properties.
4. Plantain (<i>Plantago spp</i>)	Moistening tissue protection. Rich in vitamins (A, C, K, B), minerals (calcium, potassium, iron, zinc, magnesium, phosphorus), and beneficial compounds like antioxidants, flavonoids, and mucilage	Bowels, Lungs, Kidneys, Skin	Blood Thinners: High doses <i>may</i> increase their effects, same with diabetes medications and diuretics.	Best fresh, but can be dried and steeped in hot water, or added to soups, stews, and smoothies.
5. Garlic (<i>A. sativum</i>)	Broad Spectrum and highly Accessible. Promotes gut integrity and gentle detoxification through its sulfuric compounds.	Bowels, Lungs, Liver	Blood Thinners: Similar to Ginger, high doses may increase blood-thinning effects.	Eat raw (crushed/ chopped) for maximum benefit, or integrate into daily culinary practice.



Chickweed *Stellaria media*

PART 4: RECIPE FOR RESILIENCE (DAILY NOURISHING INFUSION)

Consistency is the ultimate potency. This simple infusion can be made in bulk and sipped throughout the day to support your body gently.

NOURISHING INFUSION BLEND

Goal: Provide key minerals and support the kidneys/skin without aggressive purging.

Ingredient	Amount	Notes
Dried Nettle Leaf	1/2 oz (approx. 1 cup)	The foundational, nutritive base.
Dried Plantain Leaf	1/2 oz (approx 1/4 cup)	Gentle kidney & bowel support.
Fresh Ginger	2-3 slices (or 1 tsp dried)	Adds warmth and flavor.
Water	1 Quart (32 oz)	Use boiling water.

Instructions:

- Place the dried herbs in a quart jar.
- Pour boiling water over the herbs.
- Cover tightly and steep for at least 4 hours (or overnight). This long steep time is essential for extracting the minerals and deep tonic properties.
- Strain and drink 1–2 cups daily, warmed or cold. Store the rest in the fridge for up to 3 days.

YOUR NEXT STEPS TOWARD CONFIDENCE

You have the most powerful allies right in your kitchen and garden. Your journey is about knowledge and consistency—not complexity or cost.

Want to become deeply proficient in your practice and work with confidence?

Join Me in the 2026 Seasonal Herbal Intensive!

We move beyond surface-level knowledge ("what herb is good for what") and do a deep dive into a dozen categories of Herbal Actions (including Alteratives) so you can move with confidence.

The waitlist for the 2026 Seasonal Herbal Intensive is open, and you're invited to join it!

Take the Herbal Student Roadmap Quiz and I'll send you high value weekly herbal content that I think you'll love— then you'll get early & discounted access to the intensive when it finally launches!

I'll see you in your inbox! *-Jovie*