

Medicinal Herbs Food Lists

Herb Lists - The Blood Type Diet (Trademark of Peter J. D'Adamo, ND)

Herb list use designators:

A = Avoid

B = Beneficial

N = Neutral

N/B = Neutral/Beneficial

- = Unknown

O = Occasional

R = Rare

Medicinal Herbs	A	AB	B	O
Alfalfa Juice/Tea	B	B	N	A
ARA-6 (larch arabinogalactan)	N	N	N	N
Ashawaghanda	N	-	-	-
Astragalus	N	-	-	-
Berberis Vulgaris	N	-	-	-
Black Cohosh	N	N	N	N
Bladderwrack	-	-	-	N
Blue Cohosh	-	-	-	A
Boswellia	N	-	-	-
Bromelain	N	-	N	N
Burdock	B	B	N	A
Catnip	A	N	N	N
Cayenne	A	N	N	B
Chamomile	N	-	-	-
Chamomile	B	B	N	N
Chaparral	A	A	A	A
Chaste Berry	-	-	-	N
Chickweed	N	N	N	B
Chlorella	N	-	-	-
Chrysanthemum Tea	-	N	-	A
Coleus forskolin	N	-	-	N

Collinsonia Canadensis (Stone Root)	N	N	-	N
Coltsfoot	N	A	A	A
Comfrey	A	A	A	A
Corn Silk	A	A	A	A
Dandelion	N	N	N	B
De-glycyrrhizinated Licorice (DGL)	N	-	N	N
Dessicated Thyroid	-	-	-	N
Dioscorea vilosa (Wild Yam)	N	-	-	-
Dong Quai	N	N	N	N
Echinacea Root	N	N	N	A
Echinacea Tea/Extract	B	B	N	A
Elder	N	N	N	N
Evening Primrose Oil	-	N	-	A
Fenugreek	B	A	A	B
Feverfew	-	-	-	N
Fucus vesiculosus	-	-	-	N
Gentian	N	N	A	A
Ginger	B	B	B	B
Gingko biloba	-	-	N	N
Ginseng (Siberian - Eleutherococcus)	B	B	B	N
Goldenseal Gargle	N	N	N	N
Goldenseal Root	A	A	A	A
Grease Root (Grindelia Robusta)	N	-	-	-
Guggul	N	-	-	A
Hawthorne	N	N	N	N
Hops	N	A	A	B
Horehound	N	N	N	N

Inula	N	-	-	-
Kava	-	-	-	N
Kombucha	N	A	A	A
Licorice	N	B	B	N
Linden	N	A	A	B
Maitake Mushroom	N	N	-	N
Milk Thistle	N	-	-	A
Mistletoe	-	-	-	-
Mulberry	N	N	N	B
Mullein	N	A	A	N
Nettles	-	-	A	-
Oregon Grape (Gargle)	N	N	N	N
Parsley	N	N	B	B
Peppermint	N	N	B	B
Piccorhiza	-	-	-	-
Pimpinella	-	-	-	-
Psyllium seed	-	-	-	A
Quercetin	N	N	N	N
Raspberry Leaf	N	N	B	N
Red Clover	A	A	A	A
Rhubarb	A	A	A	A
Rose Hips	B	B	B	B
Sage	N	N	B	N
St. John's Wort	B	N	N	A
Sarsaparilla	N	N	N	B
Sassafras	A	A	A	A
Saw Palmetto	-	N	N	-
Senna	N	A	A	A
Shepherd's Purse	N	A	A	A
Skullcap	N	A	A	N
Slippery Elm	B	N	N	B

Spearmint	N	N	N	N
Stinging Nettle Leaf	-	-	N	-
Stinging Nettle Root	-	A	A	N
Strawberry Leaf	N	B	N	A
Taraxacum	N	-	-	-
Thyme	N	N	N	N
Valerian Tea/Extract	B	N	N	N
Valerian Root	N	-	-	N
Vervain	N	N	N	N
Western Larch	-	-	-	N
White Birch	N	N	N	N
White Oak Bark	N	N	N	N
Witch Hazel	N	-	-	N
Yarrow	N	N	N	N
Yellow Dock	A	N	N	A