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Aralia spinosa - Devil's Walking Stick
Aralia nudicaulis - American "Sarsaparilla"
Aralia californica - California Spikenard
Aralia racemosa - American Spikenard

SEE to Adaptogen Chart

***Aralia* spp. - Spikenard, etc.**

***ARALIA HISPIDA or SPINOSA* (Dwarf Elder, Hercules Club, Devil's Walkingstick)**

ROOT or BARK. Tincture [1:5, 50% alcohol] 5-25 drops, to 3X a day.

STATUS : **W/LA**

***ARALIA NUDICAULIS* ("American Sarsaparilla")**

ROOT. Cold Infusion 2-4 ounces. Tincture [1:5, 60% alc.] 15-30 drops, both up to 3X a day.

STATUS : **W/A**

***ARALIA RACEMOSA* [including *A. californica*] (Spikenard, California Spikenard)**

ROOT. Tincture [Fresh Root or leaf, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops.

Strong Decoction or Cold Infusion, 2-4 ounces.

BERRIES. Tincture [Fresh Berries, 1:2] 10-30 drops

STATUS : **W/LA**