

Friends - these are just from my notes. I'm not an herbalist or doctor. I urge you to talk to your chosen medical person and read up on the benefits and dangers of taking any herb before adding it to your life. love ~ margaret

peppermint

helps treat:
nausea
headache
bad breath
good as tea

echinacea

helps treat:
cold symptoms
flu symptoms
boost immunity
good as
tincture

yarrow

helps treat:
wounds
digestion
good as tea
or salve

chamomile

helps treat:
sleep
anxiety
digestion
good as tea

tulsi (holy basil)

helps treat:
cold symptoms
asthma
anxiety
overall well being
good as tea

lemon balm

helps treat:
anxiety & stress
digestion
cognitive function
good as tea

rose petals

helps treat:
stress
sleep
inflammation
menstrual cramps
good as tea

nettles

helps treat:
allergies
detox
good as tea
and added to
food

lavender

helps treat:
stress
skin
wounds
hot flashes
good as tea
and oil

calendula

helps treat:
skin
wounds
pain
ulcers
good as tea
and wash

mugwort

helps treat:
sleep / dreaming
liver
headache
bug repellent
good as tea
and wash

st. john's wort

helps treat:
depression
astringent
muscle relaxant
antiviral
good as tea
and salve