

Medicinal Herbs & Their Uses



Dandelion - supports blood sugar management and boosts skin, liver, and heart health.



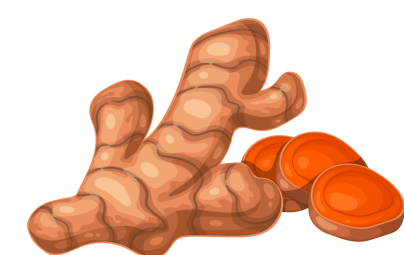
Ginger - aids with nausea and digestive issues, manages blood sugar, lowering blood pressure, and improving heart health. Additionally, ginger can be used topically to relieve pain and reduce muscle soreness.



Nettle - helps with urinary tract health, arthritis and pain, blood sugar management, and seasonal allergies like hay fever.



Lavender - reduce stress, improve sleep, relieve pain and inflammation, and potentially even aid with anxiety and depression



Turmeric - anti-inflammatory, anticancer, antidiabetic, antidiarrheal, antimicrobial, antiviral, and antioxidant properties



Mint - aids digestion, freshens breath, and promotes relaxation.



Maca Root - boosting energy, improving mood. It may also play a role in hormone balance, bone health, and potentially improving memory and learning.



Garlic - boosting the immune system, lowering cholesterol and blood pressure, and potentially aiding in preventing certain cancers



Ginseng - boosts energy and focus, improving brain function, and supporting the immune system.



Ylang Ylang - has calming and mood-boosting properties, as well as potential benefits for skin and hair. It's often used in aromatherapy to reduce stress, anxiety, and improve sleep.



Common Tansy - Common Tansy has been researched for use as an insecticide or mosquito repellent.



Lemonbalm - powerhouse herb that may promote brain, heart, digestion, mood, menstrual, immune, and sleep health.



Ginkgo - improves cognitive function, enhances circulation, and reduces anxiety.



Star Anise - antioxidant, antimicrobial, and antiviral properties, including easing respiratory conditions



Aloe - It can help soothe sunburns, heal minor burns and wounds, and reduce inflammation. It also has potential benefits for digestion, blood sugar regulation, and oral health.



Chamomile - sleep, anxiety, and digestion. It's often consumed as a tea or supplement and can also be applied topically.



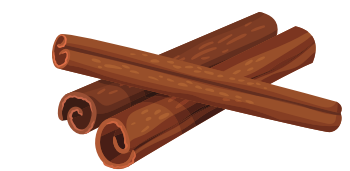
St. John's Wort - Historically, St. John's wort has been used for a variety of conditions, including depression, stomach ulcers, and colds, and to aid wound healing. Currently, St. John's wort is most widely promoted for symptoms of depression.



Ashwagandha - reduced stress and anxiety levels (subjectively measured by validated rating scales), reduced sleeplessness and fatigue,



Milk Thistle - Liver health, bone health, protects from neurological diseases like parkinsons or alzheimers



Cinnamon - antioxidant, anti-inflammatory, and antimicrobial properties. It may help regulate blood sugar levels, improve heart health



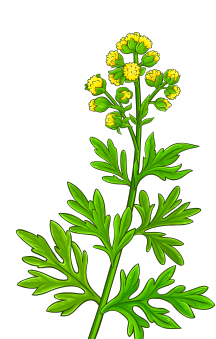
Lemongrass - anti-inflammatory, antimicrobial, and antioxidant properties, and is believed to help with digestive issues, stress relief,



Calendula - known for being anti-inflammatory, antimicrobial, and antioxidant, which makes it useful for wound healing, treating skin irritations, and even potentially aiding with digestive issues



Common Rue - placed in the ear canal to relieve ear aches and headaches. Externally, rue is applied as a skin antiseptic and insect repellant, as well as a poultice against rheumatic pain.



Wormwood - treating digestive issues, parasitic infections, and inflammation. It may also offer pain relief and potentially have antioxidant, antifungal, and antimicrobial properties



Yarrow - wound healing, supporting women's health, and potentially aiding with digestive issues and respiratory problems

How do we use Medicinal Herbs?



As a Tea - Some herbs like lemon balm, chamomile, mint and lavender among others can be dried and steeped in hot water to make delicious and healthy teas!



As tablets or capsules - many of the herbs can be transformed into vitamins in pill form so that they are easier to consume and to allow them to be more concentrated.



As a salve or ointment - herbs can be crushed or steeped in oil or fat to create ointments and lotions that can be applied directly to the skin for skin conditions or pain relief



Tinctures - Tinctures are liquid extracts made by soaking herbs in alcohol or glycerin, allowing for a concentrated dose of the herb's active compounds



Essential Oils - Essential oils are made when plants are crushed and their oils extracted into their purest form. These oils then can be used in aromatherapy, massage, or diluted and applied topically.



As they are! - Some herbs can be eaten just as they are such as ginger, garlic or mint. They can be raw or cooked, in salads, soups and as flavouring in baked goods or other dishes.