Medicinal Herbs & Their Uses



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



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



Ginseng - boosts energy and focus, improves brain function, and supports the immune system.



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



St. John's Wort - helps depression, stomach ulcers, colds, aids wound healing.



Calendula - anti-inflammatory, antimicrobial, antioxidant, wound healing, skin irritations, and aiding with digestive issues.



Ginger - aids with nausea and digestive issues, manages blood sugar, lowers blood pressure, improvs heart health, relieves pain, and reduce muscle soreness.



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



Ylang Ylang - calming and mood-boosting properties, potential benefits for skin and hair. Often used in aromatherapy to reduce stress, anxiety, and improve sleep.



Star Anise - antioxidant, antimicrobial, antiviral properties, and improves respiratory conditions.



Ashwagandha - reduced stress, anxiety levels, sleeplessness, and fatigue.



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



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



Maca Root - boosts energy, improvs mood, helps hormone balance, bone health, and potentially improves memory and learning.



Common Tansy - used as insecticide or mosquito repellent.



Aloe - soothes sunburns, heal minor burns and wounds, reduces inflammation, helps digestion, blood sugar regulation, and oral health.



Milk Thistle - improves liver health, bone health, and protects from neurological diseases.



Wormwood - helps digestive issues, parasitic infections, inflammation, pain relief, and has antioxidant, antifungal, and antimicrobial properties.



Lavender - reduces stress, improves sleep, relieves pain and inflammation, and aids with anxiety and depression.



Garlic - boosts the immune system, lowers cholesterol and blood pressure, and can aid in preventing certain cancers.



Lemon balm - promotes brain, heart, digestion, mood, menstrual, immune, and sleep health.



Chamomile - helps sleep, anxiety, and digestion. Often consumed as a tea or supplement and can also be applied topically.



Cinnamon - antioxidant, anti-inflammatory, and antimicrobial properties. Helps regulate blood sugar levels, and improves heart health.



Lemongrass - anti-inflammatory, antimicrobial, and antioxidant properties. Helps with digestive issues, and stress relief.



Yarrow - aids wound healing, digestive issues, and respiratory problems.

How do we use Medicinal Herbs?



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



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



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



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



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.



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.