

## MEDICINAL HERBS

HERB	USES AND PROPERTIES
<b>AGNOCAY</b> <i>Agrimonia eupatoria</i>	Urinary infections, Diabetes, IBS, Catarrh, Liver issues, Anorexia/Dyspepsia/Anemia
<b>BAMBICO</b>	Fungal/Bacterial or fungal infections, Acute diarrhoea, Anemia/Colic/Cholera/Cholera/Anemia
<b>BARK OF BARK</b> <i>Bark of bark</i>	Anti-inflammatory, Gastro-uterine, Vaginal thrush, Mouth
<b>CALENDULA</b> <i>Calendula officinalis</i>	Anti-inflammatory/Spasmolytic/Analgesic/Anesthetic
<b>CHAMOMILE (GERMAN)</b> <i>Matricaria inodora</i>	Relieves stress, Anxiety, Sleep, Gastro inflammation, Skin, Cardiovascular/Spasmolytic/anti-inflammatory
<b>CARDUON</b> <i>Taraxacum officinale</i>	Liver support, High blood pressure, Fluid retention, Skin, Diabetes/Cholesty/Lean digest
<b>DEVIL'S CLAW</b> <i>Passiflora incarnata</i>	Arthritis and Rheumatic issues, Joint and back pain, Cold, Anti-inflammatory/Analgesic
<b>ECHINACEA</b> <i>Echinacea purpurea</i>	Viral or Bacterial infections, Allergies, Skin, Respiratory, Anti-oxidative/Bacteriocidal/anti-inflammatory
<b>ELDERBERRY</b> <i>Sambucus nigra</i>	Common cold, Sore throat, Otitis media/Cholera
<b>FIGLEAF</b> <i>Ficus virens</i>	Alzheimer's/Dementia/epilepsy/Cholera
<b>FRUIT OF THE TREE</b> <i>Fragaria virginiana</i>	Anti-inflammatory/Analgesic/Anesthetic
<b>GINKGO</b> <i>Ginkgo biloba</i>	Memory, Cerebral blood flow issues, Memory, Circulatory stimulation/Cognitive function enhancer
<b>GOLDENROD</b> <i>Coreopsis lanceolata</i>	Urinary infections, Catarrh, Arthritis
<b>GOLDENROD</b> <i>Coreopsis lanceolata</i>	Anti-inflammatory/Analgesic/Anesthetic
<b>GOLDENROD</b> <i>Coreopsis lanceolata</i>	Gastro infections, Catarrh, Liver disorders, Infections, Anti-inflammatory/Bacteriocidal/Antibacterial
<b>HAWTHORN</b> <i>Crataegus spp.</i>	High or low blood pressure, Mild heart issues, Circulation, Antioxidant/Cardioprotective
<b>HOPBITCH</b> <i>Humulus lupulus</i>	Yeast infections, Allergies, Skin itching, Anti-inflammatory/Anti-oxidative/Analgesic
<b>JUNBER</b> <i>Juniperus communis</i>	Urinary infections, Arthritis, Gout, Cold, Anti-inflammatory/Carmine
<b>LEMON BALM</b> <i>Melissa officinalis</i>	Anxiety, Indigestion, Insomnia, Early stages of a cold, Headache/Analgesic/Carmine/Diaphoretic
<b>LIQUORICE</b> <i>Glycyrrhiza glabra</i>	Stomachitis, Peptic ulcer, Rheumatism and arthritis, Anti-inflammatory/Calmant/Analgesic
<b>MARSHMALLOW</b> <i>Althaea officinalis</i>	Inflamed mucous membranes, Demulcent/Emollient/Expectorant
<b>MEADOWSWEET</b> <i>Filipendula ulmaria</i>	Acid indigestion, Gastro-uterine, IBS, Rheumatic issues, Anti-inflammatory/Analgesic/Anesthetic
<b>MILK THISTLE</b> <i>Silybum marianum</i>	Liver disorders, Cardiovascular issues, Neuroprotective/Thyroid/antidiabetic/antioxidant

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<b>ANISE</b> <i>Pimpinella anisum</i>	Upper respiratory and gastric infections, Skin issues, Antispasmodic/Carminative/Anesthetic
<b>NETTLE</b> <i>Urtica dioica</i>	Arthritis and Rheumatic issues, Allergic rhinitis, Skin, Cardiovascular/anti-inflammatory/Analgesic
<b>OSCEOLA</b> <i>Origanum vulgare</i>	Respiratory and digestive infections, Skin fungal issues, Antispasmodic/Analgesic/Expectorant
<b>OSCEOLA GRAPE</b> <i>Isatis tinctoria</i>	Skin conditions, Psoriasis, Arthritis, Gastro, Anti-inflammatory/Resolvent/Skin cleanser
<b>OPUNTIA</b> <i>Opuntia stricta</i>	Nervous problems (low mood), Nervous exhaustion, Antispasmodic/Neurotic/Anesthetic
<b>PASSIFLORA</b> <i>Passiflora incarnata</i>	Anxiety, Nervousness, Insomnia, Sleep issues, Spasms, Sedative/Analgesic/Anesthetic/Expectorant
<b>PLANTAIN</b> <i>Plantago major</i>	Cystitis, Enlarged prostate, Lung infections, Gastro issues, Anti-inflammatory/Carminative/Analgesic/Expectorant
<b>PEPPERMINT</b> <i>Mentha piperita</i>	Stomach digestion, Nausea, Cramps, Headache, Cough, Antispasmodic/Analgesic/Diaphoretic/Carminative
<b>RED CLOVER</b> <i>Trojan gland</i>	Detoxification, Skin issues, Chest problems, Antispasmodic/Expectorant/Myo-relaxant
<b>RED SANDWICH LEAF</b> <i>Stachys recta</i>	Preparation for childbirth, Heavy menstrual, Cold, Diarrhoea, Antispasmodic/Analgesic
<b>ROSEMARY</b> <i>Rosmarinus officinalis</i>	Headache, Nervous exhaustion, Poor memory, Antispasmodic/Analgesic/Neurotic/Carminative
<b>SAGE</b> <i>Salvia officinalis</i>	Hot flashes (menopause), Nervous exhaustion, Antispasmodic/Analgesic/Spasmolytic/Carminative/Anesthetic
<b>SANTAL</b> <i>Santalum album</i>	Prostate gland problems, Urinary tract issues, Anti-inflammatory
<b>SLENDER ELM</b> <i>Ulmus glabra</i>	Digestive issues, IBS, Heartburn, Respiratory problems, Demulcent/Emollient/Resolvent
<b>SKULLCAP</b> <i>Scutellaria lateriflora</i>	Nervous tension, Anxiety, Pre-menstrual syndrome (PMS), Antispasmodic/Relaxant/Analgesic/Expectorant
<b>ST. JOHN'S WORT</b> <i>Hypericum perforatum</i>	Depression, Neuralgia, Anxiety, Gastroitis, Stomach, Anti-oxidative/Relaxant/Neurotic/Analgesic
<b>THYME</b> <i>Thymus vulgaris</i>	Cough, Bronchitis infection, Skin, Head, Head issues, Antispasmodic/Spasmolytic/Carminative/Expectorant
<b>VALERIAN</b> <i>Valeriana officinalis</i>	Nervous tension, Stress, Disturbed sleep, Anxiety, Relaxant/Sedative/Spasmolytic
<b>WITCHAMANTLE</b> <i>Witchamantle</i>	Arthritis and joint, Fever, Muscle and joint inflammation, Analgesic/anti-inflammatory/Relaxant/Analgesic
<b>WITCHAMANTLE</b> <i>Witchamantle</i>	Cold, Flu, Fever, Catarrh, Hypertension, Menstrual issues, Anti-inflammatory/Analgesic/Spasmolytic/Expectorant

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