



**Agrimony-(Inflammation, Detox, Skin & Bladder)**

**Arnica Flowers-(Muscle, Joints, Wounds)**

**Ashwagandha Root-(Testosterone, Stress, Diabetes, Anti-Cancer)**

**Bee Pollen-(Immune System)**

**Black Cohosh Root-(Menopause, Female Cramps)**

**Bladderwrack-(Thyroid, Weight Loss)**

**Borage-(Arthritis, Cough, PMS)**

**Burdock Root-(Blood Purifier)**

**Chamomile Flower-(Immune System, Insomnia, Stomach, Stress)**

**Chaste Tree Berry-(PMS, PCOS)**

**Chickweed-(Stomach, Lungs, Skin)**

**Cinquefoil-(Inflammation, Healing, Lungs, Skin)**

**Cleavers-(Lymphatic, Urinary Infections, Extreme Skin Issues, Oedema)**

**Coltsfoot-(Lungs, Respiratory)**

**Comfrey-(Wounds, Arthritis, Burns)**

**Cramp Bark-(Kidneys, PMS, Pregnancy cramps)**

**Damiana-(Sexual Health, Depression)**

**Dandelion-(B.P., Liver, Diabetes)**

**Dong Quai-(B.P., PMS, Arthritis)**

**Elder Flower-(Flu, Diuretic, Sinus)**

**Fennel Seed-(B.P., Stomach, Heart)**

**Feverfew-(Migrane, PMS, Arthritis)**

**Ginger Root-(Nausea, Morning Sickness, Anti-Inflammatory)**

**Ginko-(Circulation, Brain, Vision, Anxiety, Depression)**

**Goldenseal-(Stomach, Cold)**

**Gymnema-(Cholesterol, Diabetes, Weight Loss)**

**Hawthorn & Berry-(B.P., Heart, Indigestion)**

**Hibiscus-(Weight Loss, Liver, B.P.)**

**Holy Basil-(Stress, Anxiety, Joint Pain)**

**Horehound-(Bloating, Constipation)**

**Jasmine-(Anti-Bacterial)**



**Kava Kava**-(Stress, Pain, Clarity)

**Lemon Balm**-(Stress, Anxiety, Insomnia)

**Lemongrass**-(B.P., Metabolism, PMS, Skin)

**Licorice Root**-(Stomach, Immune System)

**Mandrake Root**-(Stomach, Sleep, Constipation)

**Marigold(Calendula)**-(PMS, Skin, Stomach, Mouth Rinse)

**Marshmallow Root**-(Stomach, Lungs)

**Meadowsweet**-(Cold, Heartburn, Bladder Infection, Gout)

**Motherwort**-(Heart, Thyroid)

**Mugwort**-(Sedative, Liver, Epilepsy, Convulsions)

**Mullein**-(Asthma, Cough, Lungs)

**Nettle**-(Muscle, Joint, Eczema, Gout, Prostate)

**Oat Straw**-(Cholesterol, Heart, Nerves, Immune System)

**Passion Flower**-(Anxiety, Insomnia)

**Pau D'Arco**-(Infections, Diabetes, Stomach, Anti-Cancer)

**Peppermint**-(Cold, Cough, Sinus)

**Plantain**-(Stomach, Heartburn, Rash)

**Raspberry**-(Strengthen Uterus For Pregnancy & Labor)

**Red Clover**-(Anti-Cancer, Lungs, PMS, Menopause)

**Red Root**-(Lungs, Circulation)

**Rose Petals**-(Antiseptic, Sedative, Anti-Parasitic, Heart)

**Rose Hips**-(Immune System)

**Rosemary**-(Muscle Pain, Memory)

**Scullcap**-(Anxiety, Stroke, Fever, Cholesterol, Nerves, Epilepsy, Infection)

**Shavegrass**-(Stones, Kidney, Bladder, Edema)

**Slippery Elm**-(Cough, Sore Throat)

**St Johns Wort**-(Depression, OCD, ADHD, Wounds)

**Thyme**-(Diarrhea, Arthritis)

**Valerian Root**-(Insomnia, Anxiety)

**Vervain**-(Depression, Nerves, Liver, Kidney Health)

**White Sage**-(Cold, Sinus)

**White Willow Bark**-(Pain, Anti-Inflammatory)

**Wormwood**-(Appetite, Fever, Liver, Depression, Muscle Pain, Anti-Parasitic)

**Yarrow**-(Fever, Circulation, Tooth & Gum Pain)

**Yellow Dock**-(Sinus, Lung, Bacterial Infections, STDs)

**Yerba Mate**-(Energy, Diabetes, Heart)

**Yohimbe**-(Impotence, Diabetes, HBP)