

HERBAL REFERENCE GUIDE



ALLERGIES

Stinging Nettle - Nettle is a natural antihistamine that may help symptoms of hayfever.

Uses - As a tea, capsule, or tincture.

ANXIETY & STRESS

Lemon Balm - Gently calms the nervous system and relieves symptoms of anxiety.

Uses - As a tea, capsule, or tincture.

BUG BITES & SKIN IRRITATIONS

Plantain Leaf - Heals and soothes skin irritations like cuts, scrapes, and bug bites. Relieves itching.

Uses - As a salve, topical spray, ointment, or poultice.

BUMPS & BRUISES

Arnica - Quickly heals bumps and bruises. It can even prevent post-surgical bruising.

Uses - As a topical gel, salve, or ointment.

BURNS

Aloe Vera - Anti-inflammatory. Repairs the skin and soothes various burns including sunburn.

Uses - As a topical gel. Can be used fresh!

COLD & FLU

Elderberry - Effective against 8 strains of flu virus and stimulates the immune system to fight cold and flu germs.

Uses - As a syrup, capsule, or tincture.

COUGH

Thyme - Helps break up mucus in the lungs and sinuses. Makes coughs more productive.

Uses - As a strong tea, capsule, or tincture.

EARACHE

Mullein - helps soothe the discomfort of hot, inflamed earaches.

Uses - As an infused oil.

FEVER - AND BLEEDING!

Yarrow - Encourage perspiration that will help lower a fever. Can also be used to stop bleeding.

Uses - As a hot tea, capsule, tincture, or styptic powder.

FRACTURES & BROKEN BONES

Comfrey - Also known as "bone-knit", comfrey is excellent for quickly repairing broken and fractured bones.

Uses - As an infused oil or salve.

FUNGAL INFECTIONS

Bee Balm - A powerful anti-fungal and anti-viral. Use for nail fungus, acne, and cold sores.

Uses - Topically as a tea wash, tincture, and salve.

GAS & BLOATING

Peppermint - Helps prevent and alleviate symptoms of gas, bloating, and IBS.

Uses - As a tea, capsule, tincture, or essential oil.

HEADACHES

Rosemary - Increases blood circulation which helps reduce painful headaches. (use feverfew for migraines)

Uses - As a tea, capsule, or tincture.

IMMUNE SUPPORT

Echinacea - Stimulates immune cell activity which will make it harder for viruses to take root.

Uses - As a tea, capsule, or tincture.

NAUSEA

Ginger - Settles the stomach and helps prevent and reduce symptoms of nausea.

Uses - Fresh as a tea, capsule, or tincture.

PAIN

Turmeric Root - Curcumin found in turmeric eases arthritis, joint pain, and inflammation.

Uses - As a tea, capsule, or tincture.

RUNNY NOSE & SINUS CONGESTION

Eucalyptus - Excellent for clearing the sinuses and dispelling allergens in the nasal passageways.

Uses - Infused oil or salve applied under the nose.

SLEEP

Valerian - Helps you fall asleep faster and experience better sleep quality .

Uses - As a capsule or tincture.

SORE THROAT

Garden Sage - Helps disinfect and soothe a sore throat. Gargle as needed.

Uses - As a strong tea for gargling or as a tincture to use as a throat spray.

STRESS RELIEF

Lavender - Improves symptoms of stress by instilling a sense of calmness, alleviating tension, and relaxing the nerves.

Uses - As a tea, capsule, tincture, or essential oil.

UPSET STOMACH

Chamomile - Helps settle an upset stomach and other digestive issues like gas, cramps, and bloating.

Uses - As a tea, capsule, or tincture.

