

# Herbal Learning Library



# Basil

*Ocimum basilicum*



There are over 60 varieties of basil, each with its unique flavor, aroma, and potential health benefits. Some of the most common types include:

- **Sweet Basil:** The most popular variety used in Italian cuisine, known for its sweet and slightly peppery flavor.
- **Thai Basil:** Characterized by its anise-like aroma, it is commonly used in Southeast Asian dishes.
- **Holy Basil (Tulsi):** Revered in traditional medicine, it is believed to possess numerous health benefits.
- **Lemon Basil:** Known for its citrusy scent, this variety is often used in salads and teas.
- **Purple Basil:** This ornamental variety has a unique color and a slightly milder flavor.

Each type of basil offers distinct properties and can be utilized in various culinary and medicinal applications. Basil is part of the Mint family.

Basil is not only a flavorful herb but also a nutritional powerhouse. A 2-tablespoon serving of fresh basil contains:

- **Vitamin K:** Essential for blood clotting and bone health.
- **Vitamin A:** Important for vision, immune function, and skin health.
- **Vitamin C:** An antioxidant that supports the immune system and skin health.
- **Iron:** Vital for oxygen transport in the blood.
- **Calcium:** Important for bone health and muscle function.
- **Magnesium:** Essential for energy production and muscle function.

In addition to these vitamins and minerals, basil is rich in antioxidants, which help combat oxidative stress in the body. Antioxidants like eugenol, rosmarinic acid, and flavonoids contribute to basil's potential health benefits.



Holy basil (*Ocimum sanctum*) and sweet basil (*Ocimum basilicum*) are different varieties. Holy basil is often used in traditional medicine, while sweet basil is commonly used in cooking.

Headaches  
Fever  
Colds  
Eyesight  
Dandruff  
Hair Loss  
Stomach Pains  
Skin Diseases  
Teeth Disorders  
Bites  
Stings  
Deodorizer  
Acne  
Stress  
Regulates Blood Sugar  
Heart Health  
Mental Health  
Digestive Health  
Adaptogen  
Cardiovascular  
Cellular Body Guard  
Liver  
Lowers Cholesterol  
Reduces Risk of Stroke  
Slows Aging  
Boosts Immune System  
Fights Cancer  
Energy  
Stamina



Teas  
Tinctures  
Fresh Leaves  
Essential Oils



- Fresh Salads: Add freshly chopped basil leaves to your salads for a burst of flavor.
- Pesto: Make a classic basil pesto by blending fresh basil with garlic, nuts, olive oil, and cheese.
- Soups and Stews: Enhance the flavor of soups and stews by adding basil towards the end of cooking.
- Herbal Teas: Brew holy basil tea for a calming beverage that may help reduce stress.
- Smoothies: Toss in a few basil leaves to your smoothie for a unique twist.

The Anti' s:

Antioxidant  
Anti-Inflammatory  
Antidepressant  
Antibacterial  
Antifungal  
Antimicrobial  
Antiviral  
Anti-Aging



## Caution

- Generally, basil is safe for most people when consumed as a food. However, those on blood-thinning medications should consult their healthcare provider, as basil can affect blood clotting.



# Chamomile

*Matricaria camomila*



Chamomile is a well-liked herbal treatment. Obtainable in two types – German as well as Roman – chamomile can be used just as one anti-depressant along with its use like a disease alleviator. Listed here are the top health advantages of chamomile.



Chamomile is probably the earliest preferred among garden herbs as well as its reputation like a therapeutic plant exhibits little symptoms of abatement. The Egyptians revered it because of its virtues, as well as from their belief in the capacity to heal ague, devoted it to their gods. No plant was better known towards the nation folk of old, it having been developed for hundreds of years in English gardens because of its use like a typical domestic medication to such an extent that the old herbals agree that 'it is but lost time as well as labor to explain it.'

Chamomile is an herb which comes from the flowering plant through the daisy family. Both fresh as well as dried flowers of chamomile have already been utilized to make teas for hundreds of years to prevent numerous health issues. Chamomile is nutritive with a powerful pack of antioxidants in the terpenoid class. It is best drank as a tea, created into a tincture or essential oil because of the unstableness of the terpenoid.



The more popular of the two wonderful plants called chamomile (the opposite being Roman), German chamomile has got considerable therapeutic as well as cookery uses. Equally leaves and also flowers may be used. The flowers have got a wonderful aroma: pineapple for some, apple to other people. Chamomile tea is probably the most well-known herbal teas, because of its taste as well as calming, sleep-inducing qualities. In the same way, its flowers spread in the hot bath before going to bed are extremely sweet as well as soothing.

Immune System  
 Relaxing  
 Sleep  
 Sedative  
 Anxiety  
 Depression  
 Quercetin  
 Nightmares  
 Hysteria  
 Stress  
 Digestion  
 Acid Reflux  
 IBS  
 Indigestion  
 Gas  
 Diarrhea  
 Nausea  
 Vomiting  
 Pain  
 Toothaches  
 Skin Irritation  
 Arthritis  
 Back Pain  
 CANCER  
 Congestion  
 Prostrate Cancer  
 Cold & Flu  
 Sinuses  
 Throat  
 Healthy Skin  
 Gums & Teeth  
 Heart  
 Menstrual Problems  
 Burns  
 Lightens Skin  
 Dark Circles around Eyes  
 Allergies  
 Headaches  
 Migraine  
 Eczema  
 Insomnia



German Chamomile is an erect, ascending or glabrous herb that measures about 20-40 cm high. It has got glabrous and erect stem that bears fragrant, showy flowers that are white with yellow center.

The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 AntiTumor  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral  
 AntiAllergy  
 Antispasmodic

### Differences between German and Roman chamomile

Point of comparison	German chamomile	Roman chamomile
Nature	Wild	Cultivated
Inflorescence	Single capitulum	Double capitulum
Size	Small (6mm)	Large (10-20mm)
Palea	Absent	Present
Receptacle	Conical & hollow	Conical & solid



Chamomile is widely known to the Western world, with its two known varieties such as Roman chamomile and German Chamomile. Though they refers different species both are used for treating the same health ailments such as stomach problems, calms frayed nerves, skin problems, muscle spasms and infections. It has been used for thousands of years for medicinal purposes that date back to ancient Egyptians, Greeks and Romans.

### Caution

Generally Safe. SEDATIVE. Possible Allergic Reactions as in swelling around the face. Generally if you are allergic to ragweed you may be allergic to Chamomile. Pregnant and breast feeding women should avoid excessive use.

# Cilantro

*Coriandrum sativum*



Cilantro leaves, whereas the dried fruits are called coriander seeds.

Coriander is a natural Preservative.



Fresh Cilantro contains major constituents of proteins, Carbohydrates, Fiber, Minerals, and Vitamins. The most active substance in Cilantro are the essential oils.

Coriander seeds are high in linalool, whereas cilantro leaves are rich in aldehydes. The benefits of Coriander Seeds vs Cilantro Leaves are different.

The therapeutic activities of the leaves are more effective than those of the seeds due to a higher content of antioxidants and phenolic compounds.

Although Cilantro leaves have a calming sedative effect, too much can have the opposite effect

Cilantro is part of the Apiaceae family, which contains 3,700 species, including carrots, celery, and parsley. All parts of the plant are edible, but people most commonly use the fresh leaves and dried seeds in cooking. Cilantro has been a part of global cuisine for a long time.

Cilantro is high in Vitamins C, A, E and K.



There are several studies out showing the ANTI Cancer effects of Cilantro especially with Prostrate, Colon and Breast Cancers. The cells become less invasive and showed characteristics that they become less invasive.

There is growing body of evidence suggests that *C. sativum* may be useful as a remedy for pain and inflammation.

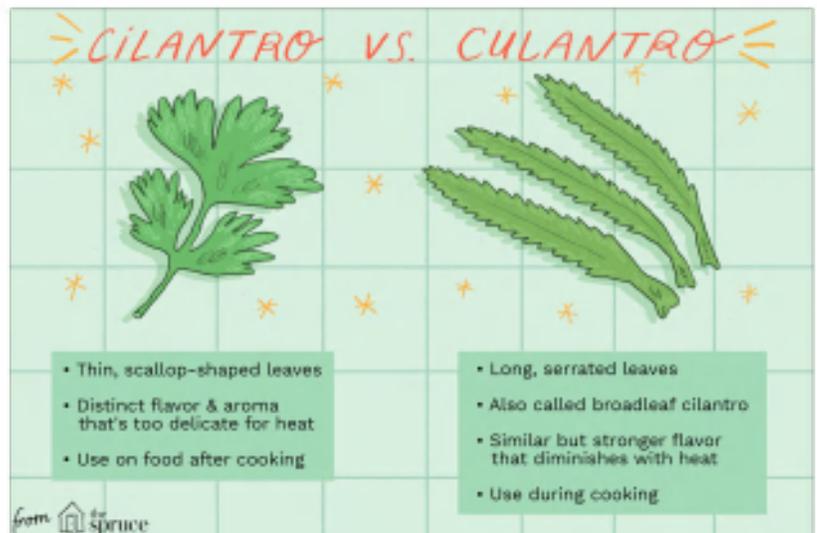
Diabetes  
 Memory  
 Anxiety  
 Cholesterol  
 Weight Loss  
 Liver Health  
 Metabolism  
 Skin  
 Wrinkles  
 UV Rays  
 Seizures  
 Heavy Metal Detox \*  
 Oxidative Stress  
 Lowers Blood Sugar  
 Heart HEALTH  
 UTI Prevention  
 Improves Sleep  
 Cardiovascular  
 Digestive  
 Food Poisoning  
 Menstrual Function  
 Neurological  
 Colon Cancer  
 Lowers BP  
 High in Vit K  
 Prostrate Cancer  
 Diarrhea  
 Brain Function



Cilantro is a culinary Herb used in many dishes particularly Mexican dishes. It has a fresh vibrant flavor.

The Anti' s:

Antioxidant  
 Anti-  
 Inflammatory  
 Antidepressant  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Anti-Cancer  
 Antiviral



In many countries, cilantro is also known as coriander or Chinese parsley. The leaves of cilantro are used to flavor many Asian and Mexican dishes. Coriander seeds are also dried and used for culinary or therapeutic purposes. Coriander oil can also be extracted from the seeds and is known to have powerful antibacterial properties.

### Caution

Cilantro has the ability to remove heavy metals from the body. If one takes in too much Cilantro it can cause temporary loss of cognitive function.

A study reported that the intake of coriander decreased arsenic and cadmium concentrations in the kidney



# Cleavers

*Gallium aparine*

Cleaver infused oil can be used topically especially as a part of a gentle massage to support the health of the lymphatic system or a small amount can be smoothed over skin just before bed. Focus on areas where lymph glands are located.

Use dried Cleavers to make infused oil at room temperature. Fill your jar 1/3 full of Cleavers then the remainder with a carrier oil such as almond, coconut or jojoba. Cap the jar letting it sit for two weeks, shaking it every day. Its ok if you skip a day. Strain the oil pressing all the goodness out then cap the jar, label clearly. You may use OLIVE oil. You may even make a vinaigrette to drizzle over salads.

Cleavers are native to Europe but can be found in most places around the world today. It is also known as goosegrass or sticky Willy due to it sticking to your clothes as you walk by.

It is interesting that Cleavers begin to spout when your immune system may be tired and sluggish from the long winter. Although it is considered a weed, it is highly medicinal and should be cherished as such. It is edible and can be put in dishes as a fresh herb. When heated it loses its potency. Cold infusion is best. Fresh pressed juice (succus) or as an infused oil for topical use.

A spring tonic made from its juice is most beneficial. Because it is an Alterative it adjusts to the myriad of issues going on within the body smoothing out any rough edges. It's widely used for a multitude of issues from liver, skin, lungs and kidneys. It is truly an ally to man especially in the spring.

Cleavers is a climber and a perennial. It belongs to the Rubiaceae family. It works best when its leaves are fresh. On drying it loses some of its effectiveness. An alternative is an herb that gradually restores proper function to the body and increases overall health and vitality, and may do so by promoting the ability of the body to eliminate waste through the main elimination channels of the kidneys, skin, liver, or lungs (Hoffmann, 2003).



Cleavers is very effective against Cancer. Specifically, it is most effective against Blood, Breast, Lung, Liver, Colon and Tongue Cancers. Cleaver Tinctures inhibits the division of Cancer cells. It also reduces the effects of Cancer. It has AntiTumor properties and helps swollen, sore Breasts, Congestions in the breast and benign breast lumps.

Stress  
 Tonsilitis  
 Alterative  
 Lymphatic System  
 CANCER  
 Liver  
 Spleen  
 Stomach  
 Large Intestine  
 Bladder  
 Skin  
 PMS  
 Edema  
 Interstitial Cystitis  
 Clears Infections  
 Genitourinary System  
 Urinary Tract  
 Gastrointestinal Tract  
 Lymphatic Drainage  
 Detoxifies Kidneys  
 Diuretic  
 Prostrate Disorders  
 Scurvy  
 Relieves Burning from UTI  
 Diaphoretic  
 Prevents Viral Infections  
 BLOOD Cleanser  
 Throat Infections  
 Heart Issues  
 Strokes  
 Arteriosclerosis  
 UTI  
 Measles  
 Chicken Pox  
 Blood Clotting  
 Kidney Stones  
 Astringent  
 Adaptogenic  
 Age Spots  
 Acne



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 AntiCancer

Cleavers counters fevers and prevents the occurrence of Viral Infections like Measles and Chicken Pox.

Direct application of Cleavers is very effective on Cuts and Wounds. It enhances blood clotting and stops bleeding. This speeds up the healing process in the body. It contains blood thinning properties and has beneficial effect on Platelets. When you get a cut it collects the Platelets and halts bleeding. Cleavers help in prevention of Arteriosclerosis, Strokes, and Heart Failure.



#### Cold Infusion & Preserved Cleaver Juice:

Place 1-2 Tbs finely chopped (blended mash) Cleavers (leavers and stems, not the roots) into a muslin bag

Fill the quart canning jar with cold water and use a chopstick to suspend the drawstring bag into the water. The water with more precipitates from the fresh herb juices sinks to the bottom and creates a circulation of the water as the cleavers infuse.

Allow Cleavers to infuse overnight, or at least 8-12 hours.

Squeeze excess out and compost bag contents. Place lid on jar and refrigerate. Drink up. It is good to do a 1/2 shot glass every day, 30-60 drops/1/4 to 1/2 tsp).

\*Add equal parts of Cleaver Juice to Vodka to preserve your Succus. You may use 3 parts juice to 1 part grain alcohol as well. Bottle into an amber bottle and don' t forget to label with date and contents.

Should last up to a year.



### **Caution**

Generally SAFE. Like anything, don' t over do. But there are no cautions with this gentle herb.



More Calcium than Kale!  
1 Cup chopped has 103 Mg Calcium

# Dandelion

*Taraxacum officinale*

Rich in Iron  
Low in Calories  
Loaded with Antioxidants  
Detoxifier  
Lots of Minerals & Protein



Dandelion is a top plant in any survival situation. They are among the most nutritious greens that one can eat. Some raw foodists claim one could survive only eating dandelions if needed.

Considered a Multi-Vitamin

Besides vitamin A as beta-carotene (186% RDA) and vitamin C (21% RDA), each cup of chopped dandelion greens also provide vitamins B1 (9% RDA), B2 (11% RDA) and B6 (11% RDA), vitamin E (13% RDA), and are especially abundant in vitamin K (357% RDA).



Known for  
LIVER & Gall Bladder Cleaners



Select unblemished, dark green leaves or bunches when purchasing them in the store. When foraging, young greens that are harvested before the flower head appears will be less bitter.

Dandelions are very rich in vitamin A and C, calcium and iron. With only 55g of dandelions one meets 112% of his daily needs for vitamin A, 32% of the daily needs for vitamin C, 535% of the daily needs of vitamin K and about 10% of one's daily needs for calcium and iron. It is also a good source of folate, magnesium, phosphorus and copper, and a very good source of Vitamin E (Alpha Tocopherol), thiamin, riboflavin, vitamin B6, potassium and manganese.

Leaves and flowers can be used fresh, in salads, green juices, in vegetable pies, pancakes, with mashed potatoes, in soups, bread, etc. It has a bitter taste, being less strongly bitter when harvested before blooming.

The roots can also be eaten raw or can be dried to be used in herbal teas. they can still be roasted to make a tasty and rich dandelion coffee.

Dandelions are bitter, so it makes sense to blend them with fruit to mask the flavor. I recommend blending dandelion greens with sweet, flavorful fruits like bananas, strawberries, mangoes, citrus, and pineapple.





Liver tonic/cleanser,  
Gall Bladder tonic/cleanser,  
Diuretic  
Depurative. (As diuretic it adds potassium to the body, as opposed to most diuretics, helping to balance the mineral content in the blood)  
Blood Pressure Leveler  
Bone Health  
Anemia  
Diabetes  
Cancer  
Digestion  
Gall Bladder  
Liver  
Skin Care  
Urinary Disorders

The leaves are highly perishable. Store them in the fridge in a large tub with a piece of paper towel to absorb excess moisture and condensation. They will keep for 2-4 days this way. If you store wet leaves in a produce bag, they will likely only last a couple days.

The dandelion greens that you find in the store are typically organic. If you forage for dandelion, be sure to harvest them from land that has not been treated with pesticides, herbicides, or other contaminants.

Avoid harvesting dandelion greens from urban or industrial waste lots as heavy metals (lead, mercury) and other pollutants in the soil might be absorbed into the plant.

The nutrients in dandelion greens may help reduce the risk of cancer, multiple sclerosis, cataracts, age-related macular degeneration, and stroke.

Studies also show that people who eat more leafy greens have a **lower risk of developing diabetes.**

Dandelion contains anti-inflammatory properties which may provide benefit to those with asthma and other inflammatory diseases.



## Cautions

\*Lithium: Taking dandelion might decrease how well the body gets rid of lithium.

\*Water pills (Potassium-sparing diuretics) interacts with DANDELION. Dandelion contains significant amounts of potassium. Some "water pills" can also increase potassium levels in the body. Taking some "water pills" along with dandelion might cause too much potassium to be in the body.

\*Medications changed by the liver (Glucuronidated Drugs) interacts with DANDELION. Dandelion might increase how quickly some medications are changed by the liver. This could decrease how well some of these medications work.

\*Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates) interacts with DANDELION. Taking dandelion along with some medications that are broken down by the liver can increase the effects and side effects of some medications.

\*Antibiotics (Quinolone antibiotics) interacts with DANDELION. Taking dandelion along with antibiotics might decrease the effectiveness of some antibiotics.

<https://www.webmd.com/vitamins/ai/ingredientmono-706/dandelion>

# Dill

*Aneethun graveolens*



Dill is most known for being in DILL Pickles. What's not so well known is that there are many medicinal values to Dill.



Dill is an aromatic herb with medicinal properties that can be used to treat many health conditions, like the flu, the common cold and nasal congestion.

Dill can also be used to relieve digestive symptoms, such as nausea and gas in adults or colic in babies, as well as reduce period-related symptoms.

The scientific name of dill is *Aneethun graveolens* and the most commonly used parts of this plant are the leaves and seeds. These can be purchased in health food stores, grocery stores and some pharmacies.

Dill is known as DILL WEED but it is a part of the vegetable family of celery. It is native to Russia, West Africa and the Mediterranean. It thrives in sunlight.



Dill is also a good source of fiber, folate (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, Manganese, and Iron.

There are also some studies suggesting that dill may help you manage cholesterol. A study on dill supplementation showed significant improvement of LDL cholesterol, triglycerides, and total cholesterol levels but not HDL cholesterol.

Improves Digestion  
 Mental Health  
 Relieves Cough  
 Reduces Pain  
 Improves Immunity  
 UTI  
 Fluid Retention  
 Regulates Menstruation  
 Heart Health  
 Nutrient Rich  
 Diabetes  
 Cholesterol  
 Insomnia  
 Bone Health  
 Calm Hiccups  
 Flatulence/Gas  
 Diarrhea  
 Arthritis  
 Stimulates Menstruation  
 Respiratory  
 Oral Health  
 Relaxant  
 Increases Strength  
 Diuretic  
 Cramps  
 Eye Health  
 Cardiovascular  
 Peptic Ulcers  
 LIVER  
 Nervous system



Dill typically reaches 30 to 60 centimeters in height. Dill's root system is fibrous and extensive, allowing it to anchor securely in well-drained soils and absorb moisture efficiently. This robust root network contributes to the plant's overall resilience, particularly in drought-prone conditions.

The Anti's:

Antioxidant  
 Anti-Inflammatory  
 AntiSpasmodic  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



Dill is known for inhibiting tumor growth in certain cancers including pancreatic, stomach, colon, skin and liver.



Dill and Dill Seed come from the same plant, but dill weed is the fresh leafy fronds that provide a light fresh flavor. Dill seed provides a stronger flavor similar to caraway. Dill seed is considered to be more pungent and is what is used to can Pickles.

### Caution

Dill is generally safe, but in rare situations, it may lead to allergic reactions, vomiting, diarrhea, oral pruritus, urticaria tongue, and throat swelling. People who are allergic to carrots may experience an allergic reaction to dill. These are precautionary. There have not been any documented cases.

# Echinacea

*Echinacea purpurea, Echinacea angustifolia*



Echinacea includes a group of herbaceous, flowering perennial plants in the daisy family, prized for its medicinal properties. The Echinacea genus has nine main species, which are commonly called coneflowers such as the Pale Purple Coneflower or the Tennessee Coneflower. The flowers are beautiful, and some varieties can grow up to 4 feet in height. Their colorful heads are easy to distinguish, and you can commonly find them in eastern and central North America, the regions they are native to.

Echinacea is commonly classified as an herb, although many think of it as a flower. Different parts of the plants, including its flowers, leaves, stem, and root, have a variety of phenolic compounds that are beneficial to health. This includes compounds like cichoric acid, caftaric acid, echinacoside, and various other polysaccharides and alkylamides. The Plains Indians used it for hundreds of years in their herbal remedies, and even in the 19th and 20th centuries, it was turned to as an herbal option to boost immunity and fight infections. It has long been known as one of the best ways to prevent colds.



Echinacea does more than stimulating T-cells, it also increases the production of white blood cells in the body, which are the main soldiers in the battle against illness going on in our bodies every day. Furthermore, the herb contains a compound called echinacein, which actually inhibits bacteria and viruses from penetrating healthy cells, thereby greatly reducing the chances of contracting any type of infection while consuming echinacea in either supplemental or natural form.

Echinacea helps you to heal faster. It also reduces infections. Studies have shown a reduction in ear infections when echinacea is consistently consumed as a way to build up resistance to further infections.

Boosts Immune System  
 Cold  
 Cough & Flu  
 Respiratory Tract  
 Bronchitis  
 Asthma  
 Croup  
 Sinusitis  
 Strep Throat  
 Blood Infections  
 UTI  
 Yeast Infections  
 Malaria  
 Pain  
 AntiCancer  
 Increased White Blood count  
 Skin  
 Sunburn  
 Eczema  
 Psoriasis  
 Oral Health  
 Wounds  
 Detoxifies the Body  
 Blood Sugar Levels  
 Mental Health  
 Hair Care  
 ADD  
 ADHD  
 Anxiety  
 Depression  
 Social Phobias  
 Diabetes  
 HBP  
 Ear Infections  
 AIDS  
 Canker Sores  
 Mild Laxative  
 High in Vit C



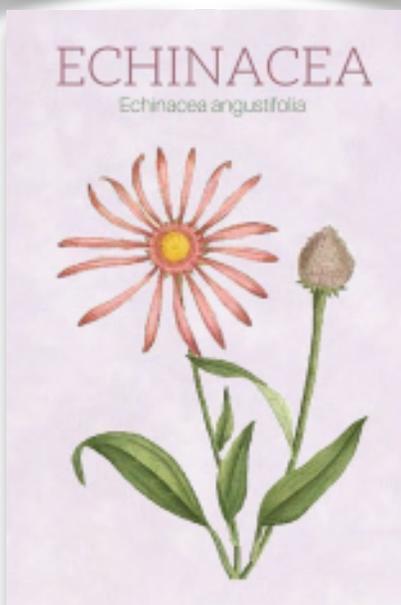
These plants are also called coneflowers. The petals may be pink or purple, depending on the species, and they surround a seed head, or cone, that is spiky and dark brown or red.

The Anti' s:

Antioxidant  
 AntiInflammatory  
 Antibacterial  
 Antiviral  
 Antimicrobial



Roots, Leaves & Buds are the parts used.



### Caution

Echinacea can cease to have an effect and can actually impact your T-cells in a negative way if used in large doses consistently. It should not be overused, but when you need it, nothing works better.

# Edelweiss Lavender

*Lavandula x intermedia Edelweiss*



Edelweiss Lavender is a hybrid of *Lavandula* Evergreen that produces white flowers instead of the traditional purple / lavender.



Lavender's use dates back thousands of years. The name itself originates from the Latin word "lavare," which means "to wash." Ancient Egyptians used lavender in the mummification process, while Romans added it to their baths for its aromatic and purifying qualities. Throughout history, lavender has symbolized cleanliness, tranquility, and healing.

It is a hardy perennial evergreen that may have more than one blooming season if blooms are cut properly.

Edelweiss is used as a Butterfly, Culinary, Dried Flower, Fragrant, Ornamental. White Grosso is the other white lavender plant. Edelweiss grows wider. The flowers appear light pink before budding out to a pure white flower. It is intensely fragrant and can be used in crafts like making a wreath or potpourri.



In medieval Europe, lavender was commonly used in homes to ward off pests and foul odors. It was often included in linen sachets to scent clothing and linens. As the centuries progressed, lavender gained popularity in herbal medicine. Traditional herbalists recognized its calming properties and utilized it to treat various ailments, including anxiety, insomnia, and digestive issues.

Calming  
 Anxiety  
 Sleep  
 Skin  
 Wound Healing  
 Digestive  
 Burns  
 Stress  
 Pain  
 Hair  
 Culinary  
 Teas  
 Cognitive Support  
 Strep  
 Acne  
 Cuts  
 Inflammation  
 Menstrual Pain  
 Viruses  
 Colic  
 Dandruff  
 Bug Repellent  
 Bloating  
 Heart Health  
 Improves Cognition  
 Gallbladder  
 Asthma  
 Hair Loss  
 Head Lice  
 Teething Pain  
 Disinfects Clothes Wash  
 Dries Pimples  
 Ear Aches  
 Immunity  
 Soothes Itching  
 Blood Circulation  
 HBP



Lavender's story stretches back over 2,500 years. Ancient Egyptians used it for mummification, while the Greeks and Romans prized it for its fragrance and medicinal qualities.



The Anti's:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral



Looking to add lavender to your apothecary? Here are a few ideas to inspire you:

- Lavender Essential Oil: Ideal for diffusers, topical use, and aromatherapy.
- Lavender Bath Salts: A relaxing addition to baths, especially when combined with Epsom salts.
- Lavender Skin Balm: Great for soothing skin and minor cuts.
- Lavender Sachets and Pillows: For placing in closets, drawers, or under pillows to promote relaxation.
- Lavender-Infused Oil: Perfect for massages and skincare, especially for dry or irritated skin.
- Lavender Tea Blends: Pair with chamomile, lemon balm, or other calming herbs for a soothing tea.

## Caution

Possible Skin irritation.

DO NOT Use if Pregnant or Breastfeeding.

Caution when using with children.

Possible Allergies to plants in the Lamiaceae family.



# Garlic

*Allium sativum*



The same antibacterial properties in fresh garlic can kill the bacteria that lead to food poisoning, including salmonella and E.coli.



Garlic is a plant in the onion family that's grown for its distinctive taste and health benefits. It contains sulfur compounds, which are believed to bring some of the health benefits.

Garlic is closely related to onions, shallots and leeks. Each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take.

Garlic may improve physical performance in lab animals and people with heart disease. Benefits in healthy people are not yet conclusive.

Garlic has known beneficial effects on common causes of chronic disease, so it makes sense that it could also help you live longer.

Garlic may improve physical performance in lab animals and people with heart disease.

Garlic was shown to significantly reduce lead toxicity and related symptoms in one study.

It was shown to significantly reduce lead toxicity and related symptoms in one study.

Garlic appears to have some benefits for bone health by increasing estrogen levels in females, but more human studies are needed.

Garlic supplements seem to reduce total and LDL cholesterol, particularly in those who have high cholesterol. HDL cholesterol and triglycerides do not seem to be affected.



Garlic has high levels of Antioxidants, vitamins and minerals like Manganese, Vit B6, Vit C, Selenium, Fiber, Calcium, Copper, Potassium, Phosphorus, B1 and Iron. Just a 100 g proves 95% Vit B6, 52% Vit C, 33% Copper and 21% Iron.

Total measured antioxidant strength (ORAC value) is 5346  $\mu\text{mol TE}/100 \text{ g}$ .

Once Clove contains potassium, iron, calcium, magnesium, manganese, zinc, and selenium

Colds  
 Flu  
 Boosts Immune System  
 Reduces BP  
 Cardiovascular  
 Hypertension  
 Cholesterol Leveler  
 Alzheimer' s  
 Dementia  
 Detoxifier  
 Removes Heavy Metals  
 Food Protection  
 Athlete's Feet  
 Foreign Compound  
 Detoxifier  
 Radiation protection  
 Strength Restoration  
 Diabetes  
 Reduces risk of Heart  
 Attack  
 Reduces risk of Stroke  
 Heart Disease  
 BLOOD THINNER  
 Cancer  
 Eczema  
 Wrinkles  
 Asthma  
 Psoriasis  
 Yeast Infections  
 Hair Loss  
 Bruising  
 Skin  
 Allergies  
 Liver  
 Ringworm



*JW Farms 7*

Garlic leaves and stems  
 are useable for  
 dehydrating to make  
 tinctures and infusions.  
 The cloves are best used  
 for pickling and cooking  
 because of their density.  
 You can freeze dry or  
 dehydrate the garlic  
 clove to make your  
 powder and or salt.  
 All parts of the plant are  
 edible and useful.



The Anti' s:

Antioxidant  
 Antifungal  
 Antibiotic  
 AntiCancer  
 Antibacterial  
 Antiviral  
 Anti-diabetic  
 Antimicrobial

BODY ODOR

The sulfide  
 compounds in  
 the garlic are  
 metabolized to  
 allyl methyl  
 sulfide, which is  
 e x c r e t e d  
 through sweat  
 and breathe  
 producing an  
 unpleasant body  
 odor and breath  
 (halitosis).





# Ginko

*Biloba*



Ginkgo Biloba is a good source of vitamin A, vitamin B6, vitamin C, and potassium.

You may also get calcium, iron, magnesium, protein, and vitamin D.

Ginkgo Trees grow to be 25-50 feet depending on it's environment. It is a medium grower at 13-24 inches per year. It loves full sun and partial shade best.



The fruit of a Ginkgo are highly priced and are nicked named 'Silver Apricots'. They have a rancid smell that most can't tolerate. The leaves are so packed with nutritional benefits many just stick to the leaves.



There are over 40 compounds in Ginkgo but only two are beneficial to our health. Due to so many beneficial cognitive health links Ginkgo is thought to prevent Brain Aging and promotes long term memory health. It has shown to improve concentration and focus.

Ginkgo is best known for its collaboration with Panax Ginseng to produce a cognitive boosting supplement.

Ginkgo leaves can be dried for an herbal tea, Tincture, Extract or a Powder. The benefits are powerful.



BRAIN  
Circulation  
Memory  
Chronic Disease  
Increased Energy  
Oxidative Stress  
Cognitive Function  
Immune System  
Mood Disorders  
Anxiety  
Depression  
PMS  
Headaches  
Migraines  
Libido  
Sleep Quality  
Ear Disorders  
Dementia  
Alzheimer' s  
Eye Health  
Pink EYE  
ADHD  
Fibromyalgia  
Cholesterol  
Helps Schizophrenia  
Skin  
Macular Degeneration  
Glaucoma  
Hair  
Asthma  
Pain Management  
Fights MS



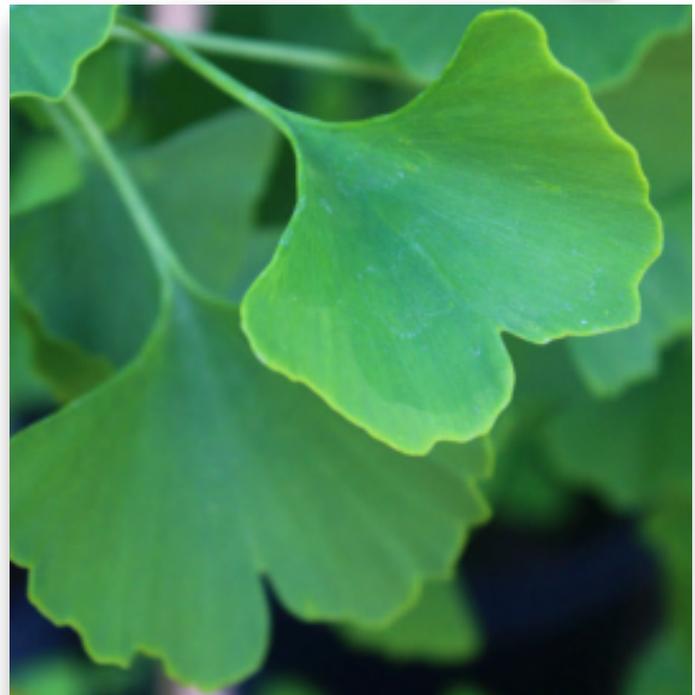
The Anti' s:

AntiInflammatory  
Antioxidant  
AntiAging

PubMed has several studies supporting Ginko' s effectiveness. Here is one on Anxiety:  
<https://pubmed.ncbi.nlm.nih.gov/25642989/>

Alzheimer' s:  
<https://pubmed.ncbi.nlm.nih.gov/26268332/>

PMS:  
<https://pubmed.ncbi.nlm.nih.gov/19678774/>



### Caution

There are possible side effects like nausea, dizziness, headaches, diarrhea and allergic reactions like alkylphenols allergy.

Studies do not support long term use. However short term use, 6 months or so has been proven to be safe.

\*DO NOT use if you are taking Blood Thinners (Aspirin, Warfarin etc), Antidepressants and NSAIDS including ibuprofen and Tylenol.

# Lavender

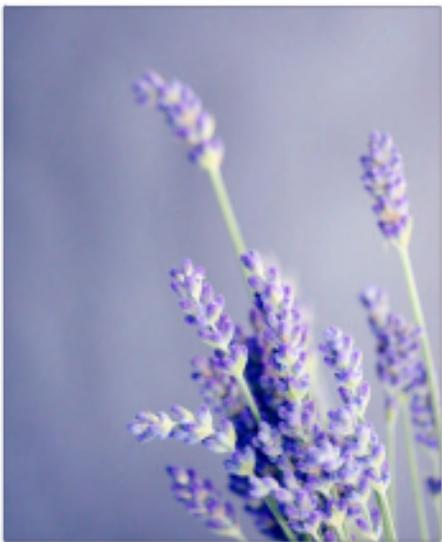
*Lavandula*

*jwofarms7.com*



English Lavender (*Lavandula angustifolia*), French Lavender (*L. stoechas*), Woolly Lavender (*L. lanata*) and Spanish Lavender (*Lavandula stoechas*) are the most widely cultivated lavenders. English Lavenders are considered culinary lavenders like Munstead, Hidcote, and Royal Velvet known for the smoothed excellent flavors for many dishes in the culinary world.

Lavender is very hardy and drought tolerant. It is widely cultivated for its essential oils. The EO is used in a variety of products including soaps and lotions. The dried buds may be used as well in soaps, potpourris and even in culinary uses. It is sometimes used to flavor drinks, icings, sweets and more. Mostly, lavender is known for its medicinal uses. The Lavender plant is an excellent pollinator.



Lavenders are considered an evergreen meaning it keeps its leaves all year long, even in winter. It only flowers in the summer. Different varieties bloom at different times and durations. They are hardy and drought resistant. The purple flowers are considered buds and are sparsely arranged along the sprouting stem during the summer blooming season. The stems are called lavender stalks and can be used in many decorative ways. Their shining oil glands that are impeded along the plant hairs that cover the flowers, leaves, and stems are where the fragrance comes from making the entire above ground plant fragrant and usable.

Lavender has over 30 species and is considered part of the MINT family, Lamiaceae. It is native to the Mediterranean. They are common to many across the world used in all types of gardens from medicinal, herb, flower gardens and more.

Headaches  
Fever  
Colds  
Boost Mood  
Reduces Stress  
Sleep  
Kills Bacteria  
Anxiety  
Pain  
Inflammation  
Nausea  
Skin  
Antiseptic  
Hair  
Heart Health  
Digestive Issues  
Allergenic  
Depression  
Healing  
Wound Healing  
Nervous Stomach  
Calming  
Burns  
Menstrual Cramps  
Sexual Dysfunction Relief  
Cough  
Cancer Related Pain  
Respiratory Health  
Immune System Support  
Insect Repellent  
Cognitive Function



Teas  
Tinctures  
Fresh Buds  
Essential Oils



The Anti' s:

Antioxidant  
Anti-Inflammatory  
Antidepressant  
Antibacterial  
Antifungal  
Antimicrobial  
Antiviral  
Anti-Aging  
Anti-Spasmodic  
Anti-Colic

*JWFarms7.com*

### Caution

- Generally, Lavender is safe.
- Allergic reactions are possible.
- Like with anything, less is more and use with caution.



- Used with Lemon and Peppermint, Lavender is considered an antihistamine.
- By itself, Lavender can be a sleep aide.
- By itself, Lavender can be an anxiety help

Active ingredient(s): Terpenes (e.g., linalool, linalyl acetate), alcohols, ketones, polyphenols, flavonoids.



# LemonBalm

*Melissa officinalis*



Lemon balm is a perennial plant. It was originally native to south-central Europe and the Mediterranean, but it can now be found growing wild throughout the United States and much of the rest of the world.



Lemon balm is primarily known for its uplifting and calming effects. It's commonly made into a tea and used to soothe the mind and prepare the body for sleep. It's also used as a natural sleep aid. Research reveals lemon balm's health benefits, such as reducing PMS symptoms, managing blood pressure and cholesterol, helping relieve colic, as well as having antiviral properties.

Lemon balm is a plant with a long history of use as a relaxing herb. Historically, lemon balm has been used as a topical remedy for wounds and venomous bites. Modern research shows that this herb may be beneficial for mental health, brain function, and heart health. It has also been shown to have antiviral properties.



The combination of lemon balm extract with the addition of asparagus extract, saffron extract, vitamin C, vitamin E, and zinc in a study showed significant improvements in several sleep areas, including falling asleep, night-time awakening, overall sleep quality, feeling refreshed upon waking, and daytime functioning.

Sleep Aid  
 Anxiety  
 Stress  
 Depression  
 Restlessness  
 Menopause  
 Cognitive Function  
 Postpartum  
 Alertness  
 Alzheimer' s  
 Colic  
 Digestion  
 PMS  
 Painful Menstruation  
 Cardiovascular  
 IBS  
 Flu  
 Colds  
 Nervine  
 Carminative  
 Diaphoretic  
 Hepatic/Liver  
 SEDATIVE  
 Cold Sores  
 Herpes  
 Immune System  
 Headache  
 Teeth/Oral  
 Respiratory Health  
 Circulation of Blood  
 Atherosclerosis  
 Detoxification of Body  
 CANCER  
 Skin  
 Edible  
 Heart  
 Diabetes  
 Reduces Blood Sugar  
 Concentration



LemonBalm belongs to the Mint Family. It bears small yellow or white flowers in spring and summer and its leaves are highly fragrant.

It can be eating in foods, tinctured, drank as a tea or made into an essential oil.



The Anti' s:  
 Antioxidant  
 Antibacterial  
 Antiviral  
 Antimicrobial  
 Antidepressant  
 Antispasmodic  
 Anti-germicidal  
 Anti-Inflammatory  
 AntiFungal



One of the earliest known plant descriptions of lemon balm appeared in *Historia Plantarum* by Greek philosopher and botanist Theophrastus of Eresus, which is dated to around 372-287 BC.

Later on, in the 10th century, lemon balm was introduced to Spain by the Moors. It was later brought to central Europe by Benedictine monks.

The Benedictine abbess Hildegard von Bingen (1098-1179) described the medicinal uses of lemon balm in her book entitled *Physica*. It is believed that the original idea of "Carmelite Water", a blend of alcohol, lemon balm, and a variety of other herbs and spices, may be traced back to around the year 1200 when Christian hermits began living in caves on Mount Carmel. This medicine was seen as a miracle cure for a variety of health complaints.

## Caution

Generally Safe. Do not over use, like anything. May affect thyroid so consume with caution if you have thyroid issues. It is GRAS.

# Marjoram

*Origanum majorana*



Marjoram is a perennial herb in the mint family, known for its sweet, earthy flavor with hints of pine and citrus. It is commonly used in Mediterranean cooking to season dishes like soups, stews, and salads, and has also been valued for its medicinal properties.



Marjoram is a cold-sensitive perennial herb or undershrub with sweet pine and citrus flavours. In some Middle Eastern countries, marjoram is synonymous with oregano, and there the names sweet marjoram and knotted marjoram are used to distinguish it from other plants of the genus *Origanum*. It is also called pot marjoram. It is often mistaken for *Oregano* but has a much lighter subtle floral sweetness in taste.

Oregano is common in Italian and Mediterranean dishes, while marjoram is more common in English and French cuisine.

Anything that is not a sweet or knotted marjoram is an oregano, and that includes potent, peppery Mexican marjoram, which is also confusingly called Mexican sage or Mexican oregano.



With all of these identity crises, what is the difference, then, between sweet marjoram and brash oregano? As mentioned, they are very closely related. There are several types of oregano that also go by variations of marjoram, but only the sweet or knotted type counts as the latter.

Oregano, on the other hand, is bigger and bolder in flavor and aroma, much more pungent and assertive. Its appearance, although bearing a clear resemblance to milder marjoram, is also a stronger presence, as its distinct greenery takes on tones of deep olive as opposed to marjoram's fuzzy leaves and grayish greens.

Digestion  
 Menstrual Regulation  
 Hormone Balance  
 Stimulates Appetite  
 Gallstone Prevention  
 Gastric Ulcers  
 Heart Health  
 Dilates Blood Vessels  
 Lowers BP  
 Improves Cardiovascular  
 Anxiety  
 Stress  
 Sedative  
 Neurological Health  
 Coughs  
 Colds  
 Headache  
 Nerve Pain  
 Muscle Pain  
 Diabetes  
 Menopause Symptoms  
 Polycystic Ovarian Syndrome  
 Reduces Androgen Levels  
 Anorexia  
 Dyspepsia  
 Diarrhea  
 Flatulence  
 Cramps  
 Ulcers  
 Clean Wounds  
 Acne  
 Asthma  
 Insomnia  
 Headache  
 Ovarian Cysts  
 UTI  
 Bladder Infections  
 Anti Aging  
 Memory  
 Liver



Oregano just cannot stop trying to steal marjoram's spotlight! But that's what makes it a perfect substitute. You'll need to use less for any swaps—only 3/4 teaspoon for every full teaspoon of marjoram.



The Anti's:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral  
 Antispasmodic

You can add fresh marjoram or dried leaves to just about any savory dish or food. It goes great in dressings, marinades, as a topping, Dried marjoram does lose its potency over several months, so it's best to buy small amounts at a time unless you make tea often with it or use it at least weekly.

Interestingly, the strongest data about marjoram is for its use in pain and to uplift mood. Marjoram may help many chronic conditions because it has strong antioxidant effects and may reduce inflammation. It also may help protect organs like the heart and the liver.

## Caution

Do Not Use when Pregnant or Breastfeeding.

Has powerful Hormonal and Menstrual effects.

May have allergic reactions if you are allergic to basil, lavender, and other culinary herbs.

# Marshmallow

*Althaea officinalis*



The term 'marsh' is actually derived from how the mallow plant is actually growing in marshes. So, the combination of those words is what you get now, marshmallow.



Marshmallow, the sugar-based candy made from the combinations of sugar, water and gelatin is widely produced now as the modern version while the ancient version is actually using the marshmallow plant root before gelatin was found in the late 1800s. Sadly, marshmallow root is no longer used in the commercially made ones we have today.

Though there is not an exact date when marshmallow is found but some history documents have stated that Ancient Egyptians are the ones who invented marshmallow. Marshmallow root was once used as the main ingredients of marshmallow candy and surprisingly this marshmallow root has a lot of health benefits for human.

The word *Althaea* itself is originated from Greek word *althainein* which has meaning 'to heal'. In other words, before it was used as marshmallow candy, marshmallow has been well known as herbs plant used for medical purpose. In Ancient Egyptian, medicines made from marshmallow root is considered as gift from gods and only used by the royal family only.



Marshmallow root comes from the marshmallow plant and looks like a brown, fibrous husk. The flowers, root, and leaves of the marshmallow plant are edible.

The medicinal properties of marshmallow root come from the mucilage, or sap-like substance, that the plant produces.

The mucilage of the plant contains antioxidants, and research suggests that it forms a coating over skin and the digestive tract. By doing this, it may help with skin irritation and digestive issues, such as ulcers.

Digestion  
 Metabolism  
 Sore Throat  
 Soothing  
 Mucilage  
 Respiratory  
 Wound  
 Burns  
 Bronchitis  
 Asthma  
 Severe Cough  
 Kidney Stones  
 Kidney  
 UTI  
 Hair  
 Skin  
 Skin Treatments  
 Cosmetics  
 Cold  
 Immune Booster  
 Weight Loss  
 Infections  
 Diuretic  
 Cholesterol  
 Rashes  
 Reflux  
 Hernia  
 Cystitis  
 Renal Colic  
 Spasms  
 Gastritis  
 Peptic Ulcer  
 Pain Reliever  
 Insomnia  
 Sleep  
 Heart  
 Bladder  
 Expectorant  
 Chest Congestion  
 Cold & Flu



For Nursing  
 Mothers  
 Marshmallow  
 may be known  
 for increasing  
 milk production  
 during lactation.



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antiseptic  
 Anti-lipdemic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-ulcer  
 Antiviral  
 AntiTussive



Marshmallow is known to contain expectorant properties cleansing the mucus throughout the body and is most effective in improving some upper respiratory tract conditions such as pertussis, bronchitis, pleurisy and various things resulting in chest congestion. It is good to have during cold and flu season.

### Caution

Generally Safe  
 Pharma drug interactions so consult MD if your taking pharma drugs, especially ones with blood sugar issues.

# Mint

*Mentha*



You may enjoy mint fresh, dried, infused but also maybe tinctured essential oils extracted from the plant to get a power punch of benefits.



Mint along side of lemon and lavender acts as a natural antihistamine. Mint alone can be used to calm allergies, open up sinus pathways and clear brain fog. It is a nutrient rich plant.

This versatile plant includes varieties like peppermint and spearmint, each celebrated for their unique uses. Beyond its cooling sensation and vibrant aroma, mint is packed with nutrients that contribute to overall health and well-being. From supporting digestion to enhancing brain function, mint's benefits are as impressive as its taste. Rich in essential vitamins like A and C, as well as minerals such as iron and calcium, it promotes immune health, strong bones, and even cardiovascular wellness.



Tie a few branches of strongly scented mint (peppermint, sage, lavender, rosemary, bee balm) together, or pull off a handful of leaves, and stuff them into the leg of an old nylon stocking. Suspend by a string inside a garment bag, tuck into bags of stored woolen clothing, or just place in your drawers to let your clothes soak up the scent. Refresh periodically to keep the scent fresh. Can be very useful as a bug repellent. Ants hate the smell.

Nutrient Rich  
 Digestion  
 Immune System  
 Detox  
 Promotes Well Being  
 Boosts Cognitive Function  
 Supports Healthy Pregnancy  
 Cold Symptoms  
 Oral Health  
 Bad Breath  
 Stress  
 Allergies  
 Calms and Soothes Skin  
 (also hot to skin)  
 Eczema  
 Bug Bites  
 Sunburns  
 Bloating  
 IBS  
 Nausea  
 Motion Sickness  
 Headache  
 Blood Circulation  
 Congestion  
 Sore Throats  
 Deodorizes  
 Natural Cleaner  
 Dandruff  
 Head Lice  
 Nipple Pain Breastfeeding  
 Colic  
 Muscle Pain  
 Weight Loss  
 Eye Health  
 Hay Fever  
 May are in Breastfeeding  
 Respiratory  
 Boost Memory



Mint oil steam  
 remedies nasal  
 congestion, and  
 dried mint sachets  
 deodorize closets.  
 Its aroma repels  
 insects in natural  
 cleaners, while mint-  
 infused soaps and  
 bath soaks promote  
 relaxation and skin  
 rejuvenation



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Antiviral



Mint is a versatile ingredient  
 that enhances sweet and savory  
 dishes by amplifying natural  
 flavors and reducing the need  
 for added salt or sugar.

It pairs well with fruits, herbs,  
 and spices in recipes like  
 smoothies, chutneys, and spice  
 blends. Popular in teas,  
 desserts, and drinks like juices,  
 mocktails, and kombucha, mint  
 also offers antioxidative  
 benefits.

## Caution

Out of an abundance of caution, herbalists also urge pregnant and breastfeeding moms, as well as people with serious chronic diseases, to avoid using mint-family essential oils in massage oils. Many mint-family species contain potent phytochemicals that affect the endocrine system, sometimes dramatically. For example, sage and peppermint, even as tea or food flavorings, can reduce the milk supply in breastfeeding women. The essential oil of pennyroyal, historically used to induce menstruation or as an abortifacient, can be lethal if ingested in a large enough dose to accomplish those purposes. No solid evidence it's ever happened, but the possibility warrants caution.

# Mullein

*Verbascum thapsus*  
Family: *Scrophulariaceae*



Mullein contains equally balanced medicinal properties that are required to treat the most common respiratory ailments.

Native Americans smoked this herb, as part of the treatment in spasmodic coughs or asthma.

Some claim that smoking Mullein has helped them quitting tobacco smoking - especially if combined with Lobelia.



Mullein is highly sought after for its many medicinal benefits but mostly known for its positive affects on the lung and respiratory system.

Re-Align the Spine  
Book of Herbal Wisdom  
By Matthew Wood

"It has a moistening, lubricating effect on the synovial membranes... so that it is hydrating to the spine and joints. It is often indicated in back injuries. People think they are untreatable and incurable, but an increase the synovial fluids will make the spine more pliable and comfortable. The vertebra will slip back into place more readily, pain and inflammation will decrease and the condition will get better."



Yep! The leaves can be used as toilet paper. It smells better. It's softer. Its biodegradable. And... best of all it's FREE.

Mullein seeds has insecticide properties, meaning that they contain toxic substances. The seeds should therefore not be ingested or employed in preparations for internal use.



Coughs  
Bronchitis  
Asthma  
Respiratory Tract  
Emollient  
Expectorant  
Pectoral  
Wounds  
Sedative  
Hemorrhoids  
Strengthens Intestines  
Earache  
Bites  
Eczema  
Boils  
Bones  
Lymphatic  
Glands  
Ringworms  
erysipelas  
Toothache  
Cramps  
Blood Shot Eyes  
Urinary  
Migraines  
Painkiller  
Circulation  
Foot Ache  
Pneumonia  
Colds  
Croup  
Bursitis  
Disinfectant  
Chest Infections  
Wounds  
Hair  
Heart Health  
Stomach Upset



**The Anti-**  
Antiseptic  
Astringent  
Antiinflammation  
Antibacterial  
Antihistamine  
Antioxidant

The parts used are the flower and the leaves. First year of growth there will be no flowers or stalk, only large leaves. Second year a rather large stalk emerges with blooming flowers with continuous buds popping out for awhile. This plant is considered a Biennial.

Cautions:

No Known Cautions but some with allergies may have cold like reactions.

As with anything use with caution and less is more.

Use extra caution when pregnant or a child.



# Nasturtium

*Tropaeolum minus*



Nasturtium are 8-10 inch plants pop their blooms above the foliage making an extra colorful display against the green canopy. The whole plant is edible with a sweet mild peppery flavor. Even the seeds are edible!



Nasturtium has been used in the Americas for over 700 years as a traditional medicine. Some uses of these plants include making teas and tonics to soothe sore throats and colds, and even using the flowers, seeds and leaves as natural antibiotics to help heal internal infections. It is excellent added to a salad or greens including the flowers, which make for a colorful display.

It is native to South and Central America. There are so many species of this plant family. Their flowers come in ja wide range of colors . Their stand alone lush round leaves are reminiscent of a lily pad. Their droopy large flowers will stand out in a garden. They are compared to the watercress and mustard greens.

Nasturtium is one of the easiest herbs to grow. Bonus, Nasturtium works as an excellent trap crop. Planting these nearby fruits and vegetables will keep pests like aphids, cabbage looper, leafhoppers, leaf-miners, and slugs away. It helps in keeping tomato, pepper, bean, strawberry, cabbage, and lettuce, safe from these bugs by attracting them, not to mention they help bring pollination. Bees love them.



Nasturtium leaves are super rich in Vitamin C, iron and some other minerals. Flowers are also not far behind, containing vitamins B1, B2, B3, C and minerals like manganese, iron, phosphorus, and calcium. Have their leaves or flowers at any time of the day to benefit from this nutrient rich plant. This nutrient rich plant has numerous healing properties.

Nutrient Rich  
 Immune System  
 Digestive System  
 Respiratory System  
 Skin  
 Hair  
 Hydrating  
 UTI  
 Internal Bacterial Infections  
 Wounds  
 Laxative  
 Colds & Flu  
 High in Vit C  
 High in Iron  
 Promotes Red Blood Cells  
 Scurvy  
 Hair Loss  
 Stimulates Hair Growth  
 Fungal Infections  
 Yeast Infections  
 Muscular Pain  
 CANCER Prevention  
 EYES  
 Macular Degeneration  
 Cataracts  
 RA  
 Osteoporosis  
 Eczema  
 Expectorant  
 Disinfectant  
 Coughs  
 Bronchitis  
 Kidney infections  
 Congestion  
 Blisters  
 Swelling  
 Strong antifungal



Nasturtium is used vastly in skin and hair care.

Dried Ripe Buds are a STRONG laxative.

Fed to chickens as a wormer, antibiotic, fowlpox, prevents cancer and eye conditions, respiratory disease,

Hens lay more eggs, good for nervous ailments and more.



The Anti' s:  
  
 Antioxidant  
 Anti-Inflammatory  
 Antiseptic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral



Nasturtiums will come back every year in most locations. It is considered both an annual and perennial. It will depend on the type you grow. They can be grown as bushes, planted close to other places, and used to cover fences and trellises. Many are climbing plants that will spread out and mingle with other nearby plants.

Fruits can be chopped and used instead of horseradish when making tartar sauce as well as if seeds are ground to powder can be substituted for pepper.

## Caution

Generally Safe.  
 Possible indigestion when consumed.  
 Possible allergic reaction if upset stomach, changes in urination and thirst occurs.  
 This is extremely rare and needs to be studied further to ensure even if this is a possibility.

# Oregano

*Origanum vulgare*



Oregano is a member of the mint (Lamiaceae) family. It is a perennial herb native to the Mediterranean region and parts of western Asia.



Oregano is not just an herb used to flavor foods; it is also known for health benefits and is used as a home remedy for many ailments. However, there is a lack of scientific evidence to support the medicinal benefits of oregano.

Phytonutrients, especially carvacrol, in oregano are responsible for claims of its anti-inflammatory, antioxidant, and immunity-boosting properties.

Some studies have suggested that the various phytochemicals in oregano may help relieve cough and muscle spasms and fight infections. Some believe it is also good for the gut, aiding digestion by increasing the flow of bile (a fluid produced by the liver that aids fat digestion).

There are several varieties of oregano, with Greek oregano (*Origanum heracleoticum*) being one of the most potent and commonly used in cooking. Other varieties include Mexican oregano, which is from a different plant family altogether, but offers similar flavor notes and culinary applications.



The primary compounds in oregano essential oils, such as carvacrol and thymol, are responsible for its characteristic odor and biological activities, including antibacterial and antioxidant effects.

Wound Healing  
 Parasitic Infections  
 Dewormer  
 Skin  
 Acne  
 Dandruff  
 Warts  
 Fungal Infections  
 Arthritis  
 Allergies  
 Sore Throat  
 Breathing  
 Asthma  
 Cough  
 Congestion  
 Breathing Issues  
 Infections  
 Indigestion  
 Bloating  
 Nausea  
 Heart  
 Menstrual Cramps  
 HBP  
 Regulates Cholesterol  
 Pain in Muscles & Joints  
 UTI  
 Cold Sores  
 Varicose Veins  
 Depression  
 Diabetes  
 Inflammation  
 Viruses  
 Nutrient Dense  
 High in Vit K  
 Respiratory  
 Immunity  
 Anti Cancer  
 Controls Blood Sugar  
 Brain Health



This versatile herb is a powerhouse of essential vitamins and minerals, potent antioxidants, and beneficial essential oils. Whether you're looking to boost your immune system, enhance your overall health, or simply add a nutritious touch to your meals, oregano has a lot to offer.



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



## Caution

HOT & Spicy

Skin Irritation

Allergic Reactions if allergic to Marjoram.

May Worsen bleeding disorders or increase bleeding. DO NOT TAKE with Blood Thinning Drugs.

DO NOT take when Pregnant or Breastfeeding.

Oregano contains various minerals (such as calcium, magnesium, iron, phosphorus, sodium, potassium, and selenium), vitamins (such as vitamins C, K, A, and E, folate, and B vitamins), and various other beneficial compounds, such as lutein, zeaxanthin, thymol, and carvacrol that act as antioxidants.

Oregano has been shown to significantly reduce oxidative stress and muscle damage, particularly in contexts involving physical exertion.

# Parsley

*Petroselinum crispum*



Parsley is a flowering plant native to the Mediterranean. Often labeled as one of the most powerful disease-fighting plants, parsley provides great nutritional value and offers many potential health benefits.



We tend to think of parsley as a garnish, and don't give it much thought. But this herb does much more than make your plate look pretty. It is one of the most powerfully packed nutrient dense herbs available.

Other Common Names: Garden parsley, common parsley, curled parsley, moss curled parsley, persilja (Swedish), Petersilie (German), perejil (Spanish), persil (French), yang hu sui (Chinese).

Habitat: Originally, parsley was probably endemic to Southwest Asia and the Mediterranean (Turkey, Algeria, Sardinia, and Lebanon).

The herb has been cultivated since ancient times and was early on widely grown in most parts of Europe. Today, the plant is extensively used as a spice and cultivated all over the world.

Description: Parsley is a biennial plant belonging to the Apiaceae family (the celery, carrot or parsley family).



Parsley has been used for millennia in traditional herbal therapy to treat a wide range of medical ailments, such as curing Cancer, Anemia, and arthritis, and as a carminative to reduce flatulence. Moreover, it is claimed to have aphrodisiac and hypotensive properties.

The genus name *Petroselinum* is derived from the Greek words "petra" meaning stone or rock and "selinin" meaning celery. The plant got its name from Pedanius Dioscorides (100 A.D.).

The widespread use of parsley in the kitchen reflects its status as the most often used herb. Parsley is considered a diuretic, blood purifier, and detoxifier. Regular intake is supposed to help digestion, enhance metabolism, and promote appetite. Probably why its found on most plates in restaurants.

Diuretic  
 Infections  
 Digestion  
 Nutrient Absorption  
 Gas  
 Constipation  
 Indigestion  
 Bloating  
 Stomach Issues  
 Urinary Infections  
 Intestinal Issues  
 Iron  
 Kidney Health  
 Stones  
 Folate & Iron  
 Nutrient Rich  
 Insomnia  
 Vit K  
 Cardiovascular Health  
 BP  
 Regulates Cholesterol  
 Bone & Joint Health  
 Osteoporosis  
 Boosts Immune System  
 Inflammation  
 Eye Health  
 Night Blindness  
 Skin  
 Gland Health  
 Menstrual Cycle  
 Copper  
 Healthy Hair  
 Good During Pregnancy  
 Rich in Vit B's  
 ANTI Cancer  
 Freshens Breath  
 Bladder



Consume parsley with your char-grilled chicken, fish, and steak to help minimize the cancer-causing effects of heterocyclic amines,



The Anti's:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



Leaves, seeds, and even the roots of the parsley plant are considered an effective diarrhea remedy. According to some research, drinking parsley tea may be more effective in alleviating diarrhea. The tea promotes fat and protein digestion, as well as intestinal absorption. It is considered a laxative and diuretic.

Parsley is easy to grow, and even though it is a biennial, it is usually grown as an annual because in its second year it uses all its energy to form stems, flowers and seeds, leaving the leaves small and bitter and not very suitable for consumption.

## Caution

It has a long history of being safe, but like anything, if over used it may cause issues with the liver and renal difficulties.

ONE rare herb GOOD to use during Pregnancy.



# Peppermint

*Mentha x Piperitais*



Peppermint is a type of hybrid mint that is bred through a combination of Spearmint and water mint. It is a little stronger punch than the other mints and found in many candies and dishes.



Today, the words mint and peppermint are used interchangeably. The plant is native to Europe and the Middle East, but now, because of its hardiness, can be found all over the world.

Peppermint is best grown in pots or away from other plants, especially a garden. It tends to be a bit aggressive and take over, and you can't kill it once it takes root.

You can use fresh leaves in salads, smoothies, teas and even flavored water. It is known to promote healthy energy and wake the body up. It is high in Calcium and Potassium. It is EXTREMELY high in Vitamin A.

The leaves of Peppermint is what the primary use of the plant is due to the powerful presence of the essential oil. Just touching the leaves boosts an aroma you can't deny. It contains high levels of menthone, menthol, limonene and other various acids, compounds and antioxidants.



Peppermint has been used for health purposes for thousands of years. There are many studies done the plant's essential oil and its effectiveness. Many prominent hospitals use the essential oil to help patients along with their pharmaceutical modalities. A small amount goes a long way with this powerful plant. "A small amount of research suggests that peppermint oil in enteric-coated capsules may improve IBS symptoms in adults." The only company that produces 'enteric coated capsules of Peppermint is DoTERRA.

<https://www.nccih.nih.gov/health/peppermint-oil>

Cold  
 Respiratory Conditions  
 PMS  
 Chronic Wounds  
 Spasms  
 Pain  
 Infantile Colic  
 Shingles Pain  
 Clearing Sinuses  
 Hay Fever  
 IBS  
 Migraines  
 Headaches  
 Skin  
 Boosts Energy Levels  
 Prevents Nausea  
 Prevents Vomiting  
 Lessens Heartburn  
 Cognitive Health  
 Hair Health & Strength  
 Stress  
 Anxiety  
 Indigestion  
 AntiCancer  
 Protects Against Cavities  
 Bad Breath  
 Allergies  
 Improves Exercise Performance  
 Oxygenates the blood  
 Reduces Dandruff  
 Hair Growth  
 Relieves Itchiness  
 Skin Cooler for Hot Flashes  
 Sunburns  
 Repels Bugs/Ants  
 Chicken Pox  
 Greasy Skin  
 Ringworm



Peppermint  
 combined with  
 Lemon and  
 Lavender  
 creates a  
 natural  
 AntiHistamine. It  
 is highly  
 effective for  
 those seasonal  
 problematic  
 symptoms.

Combined with  
 Frankincense is  
 highly effective  
 for Sun Burns.



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-CANCER  
 Antiviral  
 Antimicrobial



**Uses:**

**Essential Oil:** The Oil is commonly applied to the skin or can be ingested if its pure. Maybe diffused as well.

**Tea:** Drinking Peppermint Tea releases stress and anxiety yet giving a boost of energy

**Tinctures and Extracts:** These are the most potent and concentrated and should be used with guidance from a professional until you learn your way in the field.

**Flavoring Agent:** It is used in culinary practices often.

**Caution**

Contact Dermatitis  
 Be cautious if Pregnant and  
 nursing.

# Plantain

*Plantago Ovata*



- narrowleaf plantain (*Plantago lanceolata*)
- blackseed plantain (*Plantago rugelii*)
- blond plantain (*Plantago ovata*)
- bracted plantain (*Plantago aristata*)
- Chinese plantain (*Plantago asiatica*)
- buck' s-horn plantain (*Plantago coronopus*)
- woolly plantain (*Plantago patagonica*)

Plantain plants all have edible leaves and seeds that have been used medicinally for thousands of years. Plantain is a FRUIT despite looking like a weed. It is packed with tannins, aucubin and mucilage. It is loaded with vitamins and minerals. It is high in fiber, contains seven flavonoids, and vitamins A, B1, B2, B3, C, and K. Plantain is also an excellent dietary source of calcium, iron, chromium, phosphorus, magnesium, manganese, potassium, zinc, and selenium.



Broadleaf Plantain reproduces almost entirely by seed. However, plants sometimes regenerate from a broken leaf or cut root crown. A healthy plant produces greater than 15,000 seeds per year. Sticky when wet, the little seeds adhere to wildlife or are transported by birds and the wind.

Plantain seeds retain viability in the soil for more than 65 years. Hence, it will be around no doubt for a long time.

If you want to make plantain oil, instead of buying it, you will need a carrier oil (such as almond, apricot, or olive oil). Grape seed oil is another choice, but it goes rancid quickly and chemicals are used to extract it. You will need either dried or fresh plantain. If using dried, you need half as much as you would fresh, as the dried herb is concentrated. You will also need a jar with a tight fitting lid. A half pint canning jar will work well for this.

If using fresh plantain, you need to wilt the plant for at least 24 hours to allow moisture to escape. If you don' t do this, your oil could get a fungus.

Wound Healing  
 Digestion  
 Bug Bites  
 Stings  
 Skin  
 Eczema  
 Rashes  
 Itching  
 Congestion  
 Allergies  
 Decongestant  
 Expectorant  
 Bronchitis  
 Asthma  
 Sore Throat  
 Phlegm  
 Cough  
 Colds  
 Constipation  
 Mucilage  
 Sunburn  
 Acne  
 Reduces Scarring  
 Hair  
 IBS  
 Cholesterol Leveler  
 Liver  
 Jaundice  
 Blood Purifier  
 Diuretic  
 Astringent  
 Sedative



The Anti' s:

AntiInflammatory  
 Antimicrobial  
 Antifungal  
 Antibacterial  
 Antiviral  
 Antiseptic



The leaves, flowers seed pods and seeds. The Seeds are packed full of nutrients and can be eaten raw or cooked.

The Plantain WEED is a better alternative than other choices given they have more beta-carotene than carrots and more iron and calcium than spinach.

You can make Tea with the dried leaves.

You may recognize the nutrient Psyllium. Did you know that Psyllium is the seeds of a plantain plant?

The seeds(Psyllium) are a laxative. It is very high in Fiber. You can make a tea with them or infuse them into alcohol or oil for use later. This has been used all over the world for thousands of years.

The seeds may be dried and ground to make a flour to add to dishes or breads while cooking.



## Caution

\*Fresh plantain weed can be eaten safely with minimal risk of adverse effects. Yet, supplements may cause mild side effects, including digestive issues.

\***Nutrient absorption:** Taking psyllium along with your meals for a long time can adversely affect the absorption of nutrients.

\*The constituents of plantain may interfere with the functioning of such medications.



The leaves of plantain are edible and are cooked as greens or used raw in salads. Older leaves have a stronger flavor and are a bit stringy. These are good to be used in herbal teas, to dehydrate for use later and are particularly suitable for survival situations where the tough fibers may be converted to rope or fishing line.



# Purslane

*Portulaca oleracea*



Purslane is a green succulent looking plant with a sour salty taste. The leaves and stalks can be eaten raw or cooked. It is very nutrient rich.



Purslane is a green leafy vegetable that is native to the Mediterranean region. It is popular throughout Asia, Africa, and Europe and has been in use since ancient times for its rich medicinal properties. The entire plant can be eaten including its flowers, stems, seeds, and leaves.

Purslane grows in many parts of the world and in a wide range of environments. It's not uncommon to find it growing in the cracks of driveways or in a garden. It is highly adaptable growing in drought as well as very salty or nutrient deficient soils. It has a long tradition as being used as traditional medicine.



Purslane is richly loaded with omega 3 fatty acids and huge amounts of dietary fibrous content, vitamins A, B-Complex and C, and minerals like iron, manganese, calcium, potassium, copper, and magnesium. It also consists of betalain and melatonin pigments and carotenoids.

Heart  
 Prevents Cancer  
 Rejuvenates Skin  
 Strengthens Bones  
 Immune System  
 Digestion  
 Child Development  
 Low in calorie  
 Protects Cardiovascular  
 Accelerates Blood Circulation  
 Vision  
 Balances Blood Sugar  
 Prevents Anemia  
 Fatigue  
 Eczema  
 Diuretic  
 Boils  
 Burns  
 Abscesses  
 Ulcers  
 Colitis  
 Skin  
 Stings  
 Sores  
 Bug Bites  
 Cooling  
 Nutrient Rich  
 High in Vit A, C and E  
 Depression  
 Weight Loss  
 Fiber  
 Acceleration of Metabolic  
 Regulates BP  
 Prevents Hardening of Arteries  
 LIVER Cancer  
 Menstrual Bleeding  
 Type 2 Diabetes  
 Reduces metastasis



Purslane is 93% water, yet packed full of nutrients. Can be used as spinach and watercress on sandwiches and salads.



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral

Purslane is considered a weed that most try to control, however, this nutrient dense plant is pack full of medicinal benefits. According to [research](#) published in the Scientific World Journal, "the antioxidant content and nutritional value of purslane are important for human consumption." Testing the plant revealed tremendous nutritional potential and indicates the usefulness as a top rate herb for healing.

### Caution

Contains large amounts of Oxalate which may cause Kidney Stones to develop.  
 \*Yogurt simnificantly reduces oxalate so eat together and you should be fine.  
 \*\*Also boiled reduces significantly oxalate without loosing other medicinal benefits.  
 Avoid if Pregnant

# Rosemary

*Salvia rosmarinus*



Rosemary is a perennial plant that can usually live more than two to three years. The leaves are what us used for cooking and flavoring.



Rosemary is a part of the mint family and reminds us of the lavender plant only by looks. It's smell is starkly different.

Whole herb in dried form maybe used. Powered form as well as fresh Rosemary maybe used. Alcohol tinctures and liquid infusions and extracts are very effective. Essential oils add a very powerful use.

Rosemary is traditionally used for improving memory, relieving muscle pain, stimulating hair growth, and supporting the circulatory and nervous systems. It also has antioxidant and antimicrobial properties, and may help with digestion and reducing anxiety, although scientific evidence for many uses is limited.



The herb has been hailed since ancient times for its medicinal properties. Traditional uses of rosemary include helping alleviate muscle pain, improving memory, boosting the immune and circulatory system, and promoting hair growth.

Boosts Mood  
 Aids Mental Health  
 Memory  
 Concentration  
 Neurological Protection  
 Skin  
 Alzheimer' s  
 Cancer  
 Pain  
 Brain  
 Neurological Function  
 Cognitive Function  
 Stimulates Hair Growth  
 Blood Flow  
 Immune System  
 Prevents Liver Damage  
 Inflammation  
 Anxiety Stress  
 HBP  
 Cholesterol  
 Blood Sugar Prevention  
 Macular Degeneration  
 Nutrient Dense  
 Digestion  
 Immune System  
 Pain  
 Circulation  
 Liver  
 Bad Breath  
 Eye Health  
 Respiratory  
 Weight Loss  
 Reduces Allergy Symptoms  
 Bath Soak  
 Withdrawal Symptoms  
 Parkinson's Disease



Main Health benefits include improved concentration, digestion, and brain aging. Therapeutic effects are well studied and its active constituents on the nervous system disorders. Biggest results lying with anti-spasm, analgesic, anti-inflammatory, anti-anxiety and memory-boosting.



The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral  
 Antispasmodic



To enjoy the full benefits of rosemary safely, here are some practical tips:

- Use fresh rosemary when possible – It has more flavor and antioxidants compared to dried.
- Avoid boiling the leaves for too long – Overheating may destroy some active compounds.
- Add it at the end of cooking to retain its flavor and nutrients.
- Pair with lemon, garlic, or olive oil for enhanced taste and absorption of fat-soluble vitamins.
- Rotate herbs – Don' t rely on rosemary alone; include other herbs in your diet.
- If using the essential oil, never ingest it without medical supervision.
- Start with small amounts to check for any allergic reactions.

## Caution

Very high doses may cause vomiting.

Otherwise considered GRAS.

Always use any herb with caution when using pharmaceuticals for drug interactions.



# Sage

*Salvia officinalis*



Sage is a woody perennial herb that is very very powerful to the human being. It is related to rosemary and considered sister herbs. Many of Sage's health benefits come from rosmarinic acid, the organic compound found in rosemary.



Sage's traditional medicinal use in the medical world is very well documented going back thousands of years. It has been known to be very effective in snakebites, 'protecting' against evil, boosting female fertility, and many other uses. However modern research has discovered the valuable impact of sage on the human body. It is widely imported around the whole world today.

It is used in many culinary dishes due to its peppery flavor and is a key ingredient in dressing and meat-based dishes.

It's medicinal impact is far more reaching than it's culinary so its not an herb to dismiss easily.

Sage is an evergreen shrub with woody stems and blue/purple flowers. It is native to the mediterranean region. Some of the most valuable benefits of Sage is its potential ability to improve brain function, boosting the immune system, antinflammatory effects, prevents chronic diseases and slows the onset of cognitive disorders.



Sage is very nutrient dense and is very high in Carotene, Vitamins A, and K, Lutein, Fiber, Calcium and Potassium. It is significant in many others like Iron, Protein and Vitamin E. Incorporating this gem in anyone's diet would be wise. It is known to boost Cognition which is helpful with Alzheimer's disease.

Cognition  
 Memory  
 Focus  
 Concentration  
 Inflammation  
 Alzheimer  
 Strengthens Immunity  
 Oral Health  
 Bone Health  
 Menopausal Aid  
 Bone Density  
 Hot Flashes  
 Night Sweats  
 Digestion  
 Blood Sugar  
 Skin  
 Diabetes  
 Eczema  
 Psoriasis  
 Acne  
 Blemishes  
 Soothes Skin  
 Soothes Inflamed areas  
 Gastric Spasms  
 Diarrhea  
 Cholesterol (QUICK)  
 Pain  
 Oxidative Stress  
 Bacterial Infections  
 Viral Infection  
 Depression  
 Lupus  
 Heart  
 Cancer  
 Liver

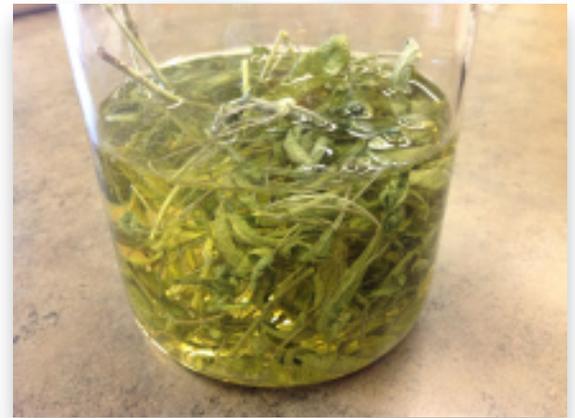


Sage shows to increase Memory, Concentration and Focus.

It's great for Inflammation, which shows great promise for gout and arthritis.



The Anti' s:  
 Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



## Caution

Possible mild Allergic reactions. Don't over use.  
 May interact with Pharma.  
 Seek MD advice.

Sage Tea is an easy infusion of the leaves of common Sage that is in the mint family. It can be dried or fresh, made into powder, spices, teas and tinctures.

Many Studies are emerging to support the vast importance of Sage:

When sage tea was given instead of water, antioxidant levels in the liver increased, as reported in the study published in the [Journal of Ethnopharmacology](#) in 2005.

In addition, [another study](#) found that sage prevented depletion of glutathione, an important liver antioxidant, by 62% in the studied animals.





# Spearmint

*Mentha spicata*



Like other herbs of the mint family, spearmint has a square-shaped stem. The tips of the leaves are pointed, like spears, hence its name.



Spearmint is a nutrient rich herb containing a high amount of Potassium and is rich in Iron, Protein, Vitamin C and more. It has been known to chew on spearmint leaves to settle your upset stomach. It is very good for the digestive system. Due to the amount of Vitamin C in the leaves it will help protect against cardiovascular disease, eye disease, and other health problems. It also helps prevent anemia due to the high Iron content. Spearmint leaves are known to stimulate the production of red blood cells and hemoglobin.

This mint has been used widely for toothpaste, mouthwashes, gum and more. It has a good aroma which is similar to peppermint, yet it contains less menthol and has a sweeter taste. Spearmint has been used in health products for many years because of its vital nutrients and good taste, as well as the aroma.



To make the tea at home:

- Boil two cups (473 ml) of water.
- Remove from heat and add a handful of torn spearmint leaves to the water.
- Cover and steep for five minutes.
- Strain and drink.

This herbal tea is delicious hot or cold. It's also caffeine- and calorie-free, making it a naturally sweet treat you can enjoy at any time of the day.

Nausea  
Vomiting  
Morning Sickness  
Digestive System  
Gastrointestinal Issues  
Boosts Energy  
Balances Hormones  
Reduces Androgens Level  
Hirsutism  
Improves Memory  
Stress  
Depression  
Respiratory  
HEART  
Boosts Immune System  
Lowers Blood Sugar  
Digestion  
Lowers Blood Pressure  
Arthritis Pain  
IBS  
Indigestion  
Brain  
Breastfeeding Pain  
Colds  
Bad Breath  
Cramps  
Arthritis  
Muscle Pain  
Headache  
Fatigue  
Toothache  
Sore Throat



The Anti' s:  
  
Antioxidant  
Anti-Inflammatory  
Antibacterial



The list below should help summarize some of the research discussed above.

- Eating fresh or dried leaves: Used to treat bad breath.
- Inhaling essential oils: May improve brain function and cold symptoms.
- Applying it to the skin: Used to reduce nipple pain from breastfeeding.
- Taking capsules with food: May help treat IBS and indigestion.



Multiple studies show that menthol has no decongestant function. That being said, research also shows that menthol can subjectively improve nasal breathing.

#### Tips for Consuming

- You can find spearmint leaves at the herb store. While shopping, choose the one that has bright green color with great spearmint scent. Moreover, avoid the leaves which have the bad appearance like wilted, yellow and floral leaves.
- After that, wash the leaves thoroughly in running water, then store it in the small container and put it in the refrigerator or stored in a cool place away from sunlight.
- For the tips, you can add the chopped or ground spearmint leaves to your favorite salad. Also, mix the leaves with yogurt and cumin is a great idea, too.
- As spearmint leaves have the great aroma, it becomes a great one to be the flavoring agent in ice creams, cakes, jams, and jelly.
- Last, consuming spearmint leaves is safe for their intended use. However, if you face the skin rash, headache, or dizziness after you eat these leaves, you can consult your doctor for sure.



#### **Caution**

Generally Safe.

# St Johns Wort

*Hypericum perforatum*



Named because it blooms in the month of John the Baptist Catholic 'Saint Day' for him. It has been very popular to use for depression, mood swings and anxiety. It has been known as a 'cure-all-herbal remedy for a long history. Many of its benefits have been verified by the scientific community.

During the nineteenth and twentieth centuries, American physicians prescribed St. John's wort for hysteria, nervous conditions, depression, and externally for wounds, bruises, and sprains.

The medicinal qualities come from the hyperfine and hyperforin in the flower making one of its main energetics a sedative. So, be careful.



St John's Wort might be known by another name like goateed or rosin rose. It has a large range of health benefits that many seek after through supplementation. It's easily found as a capsule, tincture, oil or even in raw form. It has a wide range of antioxidants along with bioflavonoids which have a significant impact on health.

The flowers of St. John's wort were used to treat neuralgia, anxiety, neurosis, and depression in traditional European medicine.

The Swiss Physician, Paracelsus, used the herb to treat psychiatric disorders and referred to it as "arnica for the nerves".

Anxiety  
Depression  
Mood Swings  
Withdrawal Symptoms  
Skin Care  
Regulates Hormonal Balance  
AIDS  
Hepatitis  
Arthritis  
Gout  
Joint Pain  
Muscle Ache  
Cardiovascular  
Lowers Blood Pressure  
Heart  
Stimulates Circulation  
Reduces Pregnancy Pains  
Cancer  
OCD  
SAD  
Menopause  
Hot flashes  
Sleep  
Scaling of skin  
Premenstrual Syndrome  
Fatigue  
Nervine  
Wound Healing  
Astringent  
PMS  
Psoriasis  
Menstrual Cycles  
IBS  
Nerve Pain  
Migraines  
Burns



The Anti' s:

Antioxidant  
AntiDepressant  
Antiviral  
Anti-inflammatory  
AntiCancer  
Antimicrobial

There is much more still to learn about this beautiful flower. Many studies are continuing to be done and provides a promising alternative to benzodiazepines—tranquilizers prescribed for mood disorders and anxiety, as it offers a wider range of safe dosages and fewer side effects.



Research has shown that burns treated with St. John' s wort ointment can heal at least three times faster than burns treated using more conventional methods.

### **Caution**

Do not mix with pharma unless under supervision of an MD. It is a mild sedative so use with caution. May cause dizziness.

# Thyme

*Thymus vulgaris*



Thyme's essential oil, usually called oil of thyme, contains between 20-60% thymol. People have used thyme oil as both an antiseptic and an insect repellent. Thymol is a common meat preservative, and olive farmers often combine thymol into the oil that preserves olives in the Mediterranean.



The ancient Egyptians used thyme as an embalming fluid. In ancient Greece, they used thyme as an incense in temples and added it to bathwater.

The Romans used thyme to flavor cheese and alcoholic beverages. When they conquered the land, the Roman army introduced thyme to the British Isles.

Hippocrates, who lived around 460 BCE to 370 BCE and is "the father of Western medicine," recommended thyme for respiratory diseases and conditions. People grew thyme in gardens and gathered it in the countryside.

Scientific research does not support this use for respiratory illnesses but has shown that thyme has a range of medicinal properties that modern people can benefit from.

Thyme is a culinary herb consisting of the dried aerial parts of some members of the genus *Thymus* of flowering plants in the mint family Lamiaceae. Thymes are native to Eurasia and north Africa. Thymes have culinary, medicinal, and ornamental uses. The species most commonly cultivated and used for culinary purposes is *Thymus vulgaris*, native to Southeast Europe.



Manufacturers extract thyme oil for various uses, including scenting soaps and as an ingredient in deodorant.

Thyme depicts a wide plethora of nutritional and therapeutic benefits and provides powerful recommendations for future research directions.

Acne  
 Lowers BP  
 Cough  
 Immunity  
 Disinfecting  
 Repels Pests  
 Yeast Infections  
 Cancer  
 Sore Throat  
 Mucus  
 Cholesterol  
 Flu  
 Rich in Nutrients  
 Improves Circulation  
 Heart Health  
 Anemia  
 Digestion  
 Stress  
 Strokes  
 Heart Attacks  
 Iron  
 Antioxidant  
 Weight Loss  
 Bone Health  
 Eases Menstrual Cramps  
 Promotes Vit C Development  
 Strep  
 Depression  
 Cognitive Function  
 Calms Nervous System  
 Prevents Food Poisoning  
 Skin  
 Thrush  
 Prevents Food Spoilage  
 Food-borne Bacteria



Thyme is a perennial evergreen herb that belongs to the mint family, Lamiaceae. It originates from the Mediterranean region and has been used since ancient times for culinary, aromatic, and medicinal purposes.



The Anti' s:  
  
 Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral

It' s a low-growing plant, often forming dense mats or small bushes. The small, gray-green leaves are highly fragrant, and the plant blooms with tiny pink or purple flowers that are also edible. Both fresh and dried thyme are used in cooking, but it' s also found in essential oils, teas, and medicinal tinctures.

Thyme has been used in various traditional medicine systems for centuries. Here are some of its medicinal applications:

- **Cough Syrups and Lozenges:** Often used in combination with other herbs to relieve throat irritation.
- **Herbal Teas:** Used for treating indigestion, bloating, and cold symptoms.
- **Essential Oil Aromatherapy:** Used to relieve mental fatigue, anxiety, and respiratory issues.
- **Topical Ointments:** Infused in salves or creams to treat skin infections and wounds.
- **Dental Care Products:** Incorporated in mouthwashes and toothpaste for its antibacterial effects.
- **Anti-fungal Treatments:** Thyme oil is applied externally to treat fungal infections like athlete' s foot.

### Caution

Generally Safe GRAS

The most common side effects are allergic reactions, diarrhea, dizziness, headache, heartburn, nausea, and vomiting if taking an absorbent amounts.

If you have a known allergy to the Lamiaceae (mint) family of plants, then it' s best to avoid thyme because it' s a part of this family.

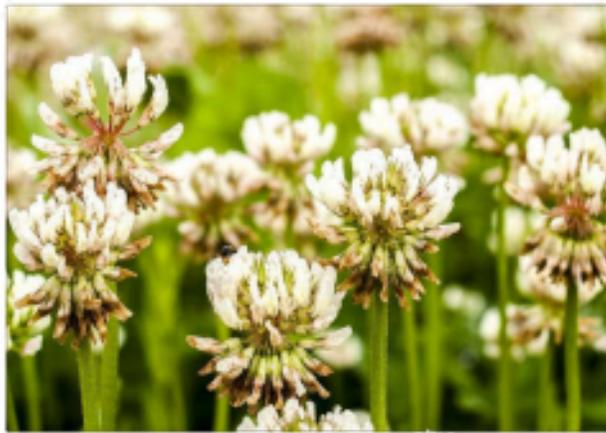
# White Clover

Trifolium repens

White Clover is considered green manure plants, helping to fix nitrogen into the soil, strengthening the health of the surrounding plants.

White clover is also an amazing used as “living mulch” . It makes a great soil cover, keeping it moist, helping to restore soil fertility and preventing erosion.

It attracts bees and other pollinators.



Clover tends to be aggressive. It' s initial tap rout groups about three feet deep. Tolerates all kinds of growing environments. It can produce about 1 to 3 tons of dry matter per acre, containing 80 to 200 lbs of nitrogen per acre which makes for a great tool to use in the garden..



## Why to use White Clover as a Living Mulch:

- \* Attracts the Pollinators
- \* Fixes the Nitrogen in the soil.
- \* Less Weeding
- \* Hardy enough to take walking on
- \* Retains Moisture
- \* Keeps the Soil payable for gardening

It is a highly nutritious and edible. The young leaves are the best stage to harvest for consumption and should be harvested before the flower presents. Raw is difficult to digest so sauté or cook the leaves and flowers before eating them. Flowers and seed pods are also edible. They may be dehydrated and kept for use at a later date. The flowers can be used in tea infusions and the dried seeds can be powdered and added to foods to enrich the mineral and protein content (Do not eat the seeds raw).

All parts of the plant may be dehydrated to use in teas, make powder to add to foods for nutritional value.

The Flowers tend to have a sweet taste and the leaves more like a spinach taste.



The Anti' s:  
Anti-rheumatic  
Antiseptic  
Antidiarrheal  
Anti-scrofula  
Antiscorbutic



Rheumatism  
Colds  
Cough  
Arthritis  
Gout  
Eye Infection  
Osteoporosis  
Increases Bone Mineral Density  
AntiCancer  
Gynecological  
Digestive  
Blood Thinner  
Nausea  
Dizziness  
Deworming  
Wounds  
Sores  
Ulcers  
Minor Cuts  
Minor Burns  
Hair  
Dandruff  
Depurative  
Fevers  
Expectorant  
Analgesic  
Aches  
Blood Cleanser

White Clover contains a lot of essential vitamin and minerals, including vitamins A, B2, B3, C, and E as well as Minerals like magnesium, potassium, chromium, and calcium. It has a higher protein content than grass. Due to its nutritional content, this herb is often used as a natural remedy in various communities around the world.



# Yarrow

*Achillea millefolium*



Yarrow is one of the oldest herbs known to man. This plant grows wild throughout the Northern hemisphere and has a very recognizable appearance – a sturdy stem with small white flowering heads at the top, as well as delicate, feather-like leaves. Yarrow is a hardy plant that can survive in difficult environments, which may explain its prevalence in so many countries and cultural traditions.

Yarrow's number one thing that it is so powerfully known for is how effective it is for STOPPING BLEEDING. Every household should keep a supply for emergencies as well as women's monthly cycles. It only slows over zealous flows for women's cycles.

Herbalist Rosalee de la Foret once said that yarrow (*Achillea millefolium*) is the one plant she would take with her if she was stranded on a deserted island!



In herbalism, it is used to describe a plant with seemingly opposite actions. For example, yarrow is known both as a hemostatic (stops the flow of blood) and a diffusive (blood moving) herb.

Yarrow is one of several herbs that herbalists call "amphoteric". This term is borrowed from chemistry, where it is used to describe a substance that can both increase and decrease the pH of a solution.

There are thousands of constituents in herbs, most unknown to us, it becomes a little easier to imagine that when we consume or use whole herbs, the body takes what it needs to accomplish what is required for healing. This in part explains the amphoteric nature of yarrow. Herbalist Sam Coffman offers another explanation. He says that yarrow appears to support clotting in wound healing by the exact same mechanism with which it works on moving the blood in, say, varicose veins: by breaking up stagnation and supporting the movement of new blood cells to the area, thus speeding up the healing process. So, while from our perspective yarrow may appear amphoteric (both clotting and moving blood simultaneously), at the cellular level it may be accomplishing both things with just one approach – to help break up stagnation and support the creation of new healthy cells (aka: angiogenesis), thus expediting the healing process.

Wounds  
 Stops Bleeding  
 Blood Moving  
 Potent SEDATIVE  
 Anxiety  
 Menstruation Issues  
 Mastitis  
 Gastrointestinal Issues  
 HBP  
 Asthma  
 Colds  
 Skin  
 Hypotensive  
 Hemostatic  
 Vulnerary  
 Tonic  
 Stomach  
 Emollient  
 Digestive Issues  
 Carminative  
 Astringent  
 Antiseptic  
 RA  
 Immune System  
 Fevers  
 Headache  
 Cardiovascular Support  
 Colds & Flu  
 Postpartum  
 Hair



In Greek mythology, It is believed that a Greek warrior Achilles used this herb to heal his wounded soldiers in the battlefield and stop their bleeding in around 1200 BC and the use of Yarrow was taught to him by the centaur, Chiron who was a master of healing. A legend also goes that this knowledge of the use of Yarrow helped Achilles during the siege of Troy and the other battles. This is not the only instance in the history of Yarrow being used to stop bleeding in a mythological story.

The Anti' s:

Antioxidant  
 Anti-inflammatory  
 Antibiotic  
 Antibacterial



"Wherever Yarrow grows, one need not fear wild beasts or poisonous plants" is an ancient Asian saying which refers to Yarrow' s ability to repel harmful insects from the surrounding.

With so many benefits, Yarrow has found many uses in the medicinal field and also agriculture. This was the reason it was also called "life medicine" by a Native American tribe.

Dehydrate its flowers and leaves for the teas, tinctures, and soaps. It has many health benefits if used both internally and externally. Its flower stems and leaves have high medicinal value when the plant is blooming. Yarrow was originated from Europe and Asia; it spread to North America and other parts of the world during colonization.

### Caution

SEDATIVE use caution  
 Do not mix with Pharma. Seek an MD.  
 DO NOT take if pregnant, may cause miscarriage.