

HEALING HERBS and Powerful Plants



Chamomile

- Rich in antioxidants
 - Relieves anxiety
 - Contains relaxing properties
 - Eases insomnia
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Evening Primrose

- Contains anti-inflammatory properties
 - Alleviates skin conditions
 - Eases pain and stiffness
 - Contains a pain-relieving compound
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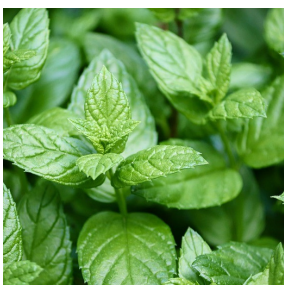
Garlic

- Good for overall health
 - Great infection fighter
 - Reduces the risk of heart disease
 - Lowers blood-fat levels
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Turmeric

- Contains anti-inflammatory properties
 - Relieves arthritic discomfort
 - Eases digestive problems
 - Supports gut health
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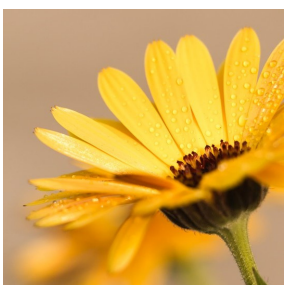
Peppermint

- Relieves indigestion
 - Contains antiseptic properties
 - Treats symptoms of colds
 - Popular fresh taste
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Feverfew

- Eases fever
 - Eases inflammation
 - Prevents migraines
 - Treats the headache and symptoms
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English Marigold

- Natural antiseptic
 - Contains anti-inflammatory properties
 - Heals many skin and eye problems
 - Guards eye tissue from damage
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Lavender

- Contains sedative properties
- Helps with anxiety
- Aids sleep
- Contains antiseptic properties