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Medicinal Herbs Quick Reference Chart

Peppermint: helps to reduce nausea, soothes upset stomachs, reduces fever and headaches, fights colds and flus and freshens breath.

Thyme: relieves sore throats (including bronchitis), clears mucus, boosts immunity, lowers blood pressure and cholesterol and helps combat acne.

Rosemary: helps improve memory and focus, soothes sore muscles and joint pain, reduces stress and anxiety and promotes hair growth.

Lavender: helps to ease stress, calms anxiety, boost mood, induces sleep and relaxation and soothes skin problems and flare ups like acne, eczema and psoriasis.

Oregano: a powerful antibacterial, antiviral and antiseptic herb with antioxidant properties, used to treat coughs, colds, wounds and infections.

Lemon Balm: boosts mood, calms anxiety, aids digestive problems regulates thyroid function and helps lower blood sugar.

Garlic: boosts immunity, reduces inflammation, supports the respiratory system, helps clear mucus, lowers blood pressure, wards off cancer and reduces symptoms of some chronic illnesses.

Ginger: helps to reduce nausea, eases morning sickness, improves circulation, reduces inflammation and antiviral properties help protect against colds & flu.