

Lemon and Ginger

A combination of lemon and ginger is perfect for fighting off those tough-to-beat colds and congestion.



Jasmine and Eucalyptus

Jasmine and eucalyptus can be mixed together to create herbal remedies for mild breathing difficulties.



Alfalfa and Boldo

Alfalfa and boldo work together to increase energy levels by improving the function of the liver and the adrenal glands.



Ginger and Echinacea

The decongestant action of ginger, mixed with the antibacterial and immune-boosting properties of echinacea, can help relieve colds and cough.



6 Great Herbal Combinations



Dandelion and Nettle

Dandelion and nettle are an excellent way to replenish iron in the body. They also can help to increase energy levels.

Cayenne and Turmeric

Cayenne is known to alleviate cluster headaches, and turmeric is excellent for reducing joint inflammation and pain.



www.herbazest.com

Natural Healing With Herbal Combinations

Linda G. Rector-Page



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