HERBAL MEDICINE HERBS

RAW GARLIC Consuming garlic can help reverse diabetes, fight inflammation, boost the immune system, regulate blood pressure, fight cardiovascular disease, relieve allergies, fight fungal and viral infections, and improve hair loss

GINGER The therapeutic benefits of ginger come from gingerols, the oily resir from the root that acts as a highly potent antioxidant and anti-inflammatory agent





FEVERFEW For centuries, feverfew has been up to centuries, feverfew has been up to centuries, feverfew has been up to centuries, insect sections of the century of th

ST. JOHN'S WORT St. John's wort uses come from its antidepressant activity, ability to relieve PMS symptoms, improve modeduring metalise, fight inflammation, relieve skin irritations and improve symptoms of obsessive compulsive disorder

GINKGO BILOBA GINKGO BILOBA
Ginkgo biloba benefits include its ability
to improve concentration and memory,
reduce the risk of dementia and
Alzheimer's disease, fight anxiety and
depression, help maintain vision and
eye health, relieve ADHD symptoms,
improve libido, and fight fibromyalgia

| SAW PALMETTO Aside from its ability to relieve conditions triggered by DHT, saw palmetto is also known to fight inflammation, boost immune function, treat respiratory conditions and promote |
|--|
| treat respiratory conditions and promote relaxation |



Natural Health With Medicinal Herbs

ML Morrison

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