

Herbs

For

Healing

Medicinal Herbs Reference Chart

Herb Name		Properties	Conditions
Calendula		Anti-septic, Anti-fungal, Anti-bacterial	Skin issues, Wounds, Eczema, Muscle fatigue
Chamomile		Anti-septic, Anti-inflammatory, Sedative	Digestive issues, Stress, Skin Issues
Dandelion		Bitter, Diuretic	Digestive issues, Kidney & Liver issues
Echinacea		Anti-viral, Disinfectant	Immune system, Topical skin issues
Elderberry		Immune-boosting	Immune System, Cold, Flu, Respiratory Issues
Feverfew		Pain relieving	Headaches, Migraines, Fevers, Arthritis
Ginkgo		Stimulant, Anti-oxidant, Anti-inflammatory	Asthma, Respiratory issues, Brain function
Ginseng		Anti-oxidant, Immune-boosting, Stimulant	Brain function, Immune system, Fatigue
White Willow		Anti-inflammatory	Joint Pain, Arthritis, Fever, Pain
Yucca		Astringent, Purifying	Acne, Brain Function, Arthritis, Skin Issues



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Natural Healing With Herbs The Complete Reference For The Use Of Herbs

Melanie St. Ours



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