

## **calendula** (*Calendula officinalis*)

**Parts Used:** The flower heads, leaves, and stems; can be used fresh or dry

**Medicinal Uses:** When taken internally, as tea Calendula works to fight *Candida albicans*—a yeast imbalance that can lead to everything from yeast infections to irritability and anxiety, inflammation, and fatigue. It also promotes liver and gallbladder health, improves digestion, and aids in soothing cramps. Your tea can also be used topically. A compress can be soaked in the tea and then applied directly to wounds and sore muscles. Traditionally, it has been used to treat conjunctivitis, eczema, gastritis, minor burns including sunburns, warts, and minor injuries such as sprains and wounds. Calendula is high in anti-oxidants. Tea can also soothe a sore throat or mouth tissue.



## **lemon balm** (*Melissa officinalis*)

**Parts Used:** The leaves; fresh or dried

**Medicinal Uses:** Produces a calming effect, helpful for anxiety and insomnia. Can help treat indigestion including: bloating, gas, vomiting, and colic. It can be used to ease the pain of headaches and menstrual cramps. It can help treat herpes and cold sores, and has antibacterial properties. It is also shown to increase concentration.



## **namewashkoon** (*Mentha spicata*) Spearmint

**Parts Used:** The leaves; fresh or dried

**Medicinal Uses:** Spearmint can help alleviate symptoms of nausea, indigestion, gas, headache, toothache, cramps, and sore throat. It can be applied to the skin to reduce swelling and help muscle and nerve pain. It is an antioxidant. It can reduce unwanted hair on the body and relieve itching. It can be a remedy for respiratory problems, relieving symptoms of asthma and bronchitis.



## **chamomile** (*Matricaria chamomilla*)

**Parts Used:** Flowering tops, dried.

**Medicinal Uses:** Chamomile has relaxing properties that can aid sleep and reduce anxiety. It can alleviate symptoms of gastrointestinal problems, relax muscles, soothe skin rashes, and can speed healing of skin ulcers, wounds, or burns. It has anti-inflammatory properties that can reduce inflammation in the mouth. Chamomile is often used to ease discomfort of menstrual cramps. Chamomile has specific anti-inflammatory, anti-bacterial, muscle relaxant, antispasmodic, anti-allergenic and sedative properties.



## **holy basil/ tulsi** (*Ocimum sanctum*)

**Parts Used:** Leaves

**Medicinal Uses:** Effective for treating anxiety—holy basil decreases stress hormone levels, corticosterone in particular. Tulsi herbal tea is loaded with anti-bacterial, anti-fungal and anti-inflammatory properties that can help in fighting infections as well as inflammations and allergies of the respiratory tract. Loaded with anti-oxidants and other nutrients, tulsi tea is also beneficial for maintaining beautiful and healthy skin. Daily intake of tulsi tea facilitates metabolism of carbs and fats, and ensures that the sugar in the blood is utilized for energy.



## anise hyssop (*Agastache foeniculum*)

**Parts Used:** Leaves and flowers; fresh or dried

**Medicinal Uses:** Native Americans found many uses for this plant. They included it in their medicine bundles and burned it as incense for protection. As a wash for poison ivy it helped to reduce itching. It is very useful as an infusion for relieving congestion. As a medicinal herb it has soothing, expectorant and cough suppressant properties. A tea made from the leaves and flowers is sedating and relieves pain from coughing with chest colds. Used in combination with licorice it is especially effective for lung conditions such as bronchitis and respiratory tract infections.



## stevia (*Stevia rebaudiana*)

**Parts Used:** Leaves, fresh or dried.

**Medicinal Uses:** Used as an alternative to sugar, the leaves are a sweetener. Stevia also has anti-bacterial, anti-septic, anti-microbial, anti-oxidant, anti-glycemic, and anti-hypertensive properties which may help with hypertension (high blood pressure), diabetes, chronic fatigue, indigestion, upset stomach, heartburn, weight loss, cold and flu, gingivitis and skin conditions such as cuts, wounds, rashes, itchiness, and blemishes. It may also help in withdrawal from tobacco and alcohol addiction.



## ode' imin (*Fragaria vesca/Verginiana*) Wild Strawberry

**Parts Used:** Leaves crushed and dried, fruit

**Medicinal Uses:** Strawberry leaf is one of the highest sources of naturally occurring Vitamin C available. The leaves are a diuretic, astringent, and tonic and can be made into a mild and aromatic tea, which is most often used to treat diarrhea, intestinal and urinary complaints. Strawberry leaves may also be added to bath water for aches and pains or used as a mouth and throat gargle. The leaf is also recognized as a blood purifier and is indicated for treating night sweats, to stimulate digestion, in anemia, as a tonic, to reduce profuse menstruation and, finally, to support natural loss of weight.



## echinacea (*Echinacea purpurea*)

**Parts Used:** The petals, leaves, and roots

**Medicinal Uses:** Boosts the immune system, preventing and shortening the duration of the common cold, strep throat, and flu. It has been used to treat snake bites, relieve pain associated with headaches, toothaches, stomach aches, and more. It can reverse inflammation, prevent or help treat infection, and can be used as a calming agent.



## bee balm/Wild Bergamot (*Monarda didyma*)

**Parts Used:** The flowers and leaves

**Medicinal Uses:** Bee balm – like all members of the mint family – is good for improving digestive issues like general digestion, gas, poor appetite, colic, bloating, nausea, and vomiting. It has also been used to lessen menstrual cramps. Oswego tea can be used as a calming agent for the nerves or to relax one in preparation for sleep.

