

Herbs To Keep You Healthy

Antiviral Herbs

Elderberry
Oregano
Sage
Licorice
Echinacea
Basil
Fennel
Garlic
Peppermint

Lemon balm
Astragalus
Ginseng
Ginger
Dandelion
Olive leaf
St. John's Wort
Rosemary

Antibacterial Herbs

Tea Tree
Garlic
Ginger
Echinacea
Goldenseal
Clove
Oregano
Thyme
Cinnamon
Elecampane
Uva ursi
Eucalyptus

Calendula
Cayenne
Hyssop
Black walnut
Juniper
Oregon grape root
Bee balm
Rosemary
Usnea
Bearberry
Wormwood

Anti-inflammatory Herbs

Turmeric
Ginger
White willow bark
Cinnamon
Garlic
Cayenne
Black pepper
Clove

Frankincense
Cat's Claw
Rosemary
Thyme
Camphor
Eucalyptus
Boswelia

Expectorant Herbs

Mullein
Angelica
Black Cohosh
Camphor
Eucalyptus
Colt's Foot
Elecampane
Slippery Elm
Garlic
Horehound

Hyssop
Myrrh
Peppermint
Sandalwood
Spearmint
Speedwell
Spruce Oil
Thyme
Ginger
Wild Cherry Bark