

Herbs and their Benefits



Arnica is used externally as an ointment for sore muscles, sprains and bruises. It possesses anti-inflammatory, analgesic and anti-septic properties



Burdock was used by the ancient Greeks to treat wounds and infections. This herb is loaded with beneficial vitamins and minerals and is often used to treat liver and digestive problems, urinary tract infections, ulcers, eczema, psoriasis and makes a good immune system booster and blood purifier



Historically, calendula was used to induce menstruation, break fevers, cure jaundice, treat open sores and for liver and stomach problems. It has antiseptic and anti-inflammatory properties and can be used externally for sunburn and eczema. Today this herb is most often used externally to treat slow healing wounds and to promote tissue repair.



Used by the ancient Egyptians for fever and chills, chamomile is still in wide use today. This plant is used for colic, indigestion, flatulence, bloating heartburn and to calm nervousness. Chamomile has anti-inflammatory, antifungal, antiseptic, antibacterial and antispasmodic properties. Some people suffering from peptic ulcers find relief from drinking chamomile tea.



Comfrey was used as a poultice by the ancient Greeks to stop bleeding. They also drank it as a tea for diarrhea and bronchitis.



Lemon balm is a member of the mint family, is considered a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion, including gas and bloating as well as colic.



Neem is a juice or an extract from the leaves and can be used externally on wounds, boils, rashes, acne, ringworm, chicken pox, herpes, eczema and psoriasis.



Nettle is used to help a number of ailments. Studies have shown netter has antioxidant, antimicrobial, anti-ulcer, astringent and analgesic capabilities.

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Self Heal is used for wounds on the skin, including cuts, scrapes and burns. It's also used for drawing out infections, such as abscesses and boils.



Willow Bark contains salicin which is a chemical similar to aspirin. In combination with the herb's powerful anti-inflammatory plant compounds salicin is thought to be responsible for the pain-relieving and anti-inflammatory effects.



The primary external actions of this herb are styptic (stops bleeding), astringent, antiseptic, vulnerary (helps tissue heal), anti-inflammatory and possibly anesthetic.



A natural anti-inflammatory without side effects. Provides pain relief and helps relax muscles. Nourishes the endocannabinoid system of the skin.