

# HEALTHY HERBS

Herbs bring the body back into balance. The vitamins and minerals in the herbs help the body to maintain balance.

Herbs have been used since the beginning of human history as a food source and to cure specific ailments, increase strength and endurance and to improve overall health.

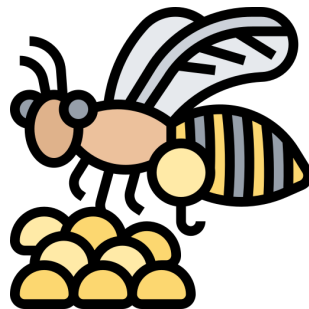
Below are common herbs and conditions they might be good for or used to treat.

## Alfalfa

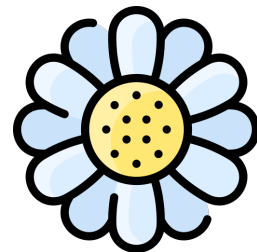
Acne, allergies, anemia, appetite, arthritis, bad breath, bladder, blood clotting, blood purifier, bursitis, colds, colon, cramps, diabetes, digestion, eyes, flu, gout, kidneys, morning sickness, nursing, glands, rheumatism, stomach, tooth decay, whooping cough.



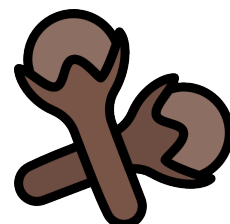
Bee Pollen: Allergies, anemia, antibiotic, asthma, births, bleeding, blood pressure, cancer, digestion, depression, endurance, energy, hair growth, hay fever, heart, hemorrhoids, high blood pressure, immunity, infections, liver, memory, pregnancy, prostate, tranquilizer.



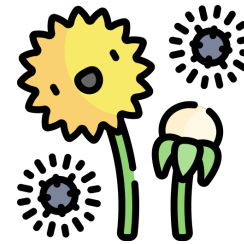
Chamomile: Appetite, asthma, colitis, corns, dandruff, drug withdrawal, eyewash, gangrene, stress, insomnia.



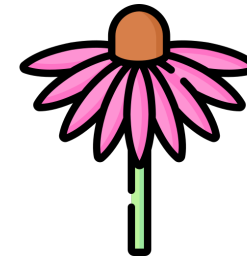
Cloves: Bronchial expectorant, diarrhea, dyspepsia, fever, flatulence, nausea, whooping cough, toothache.



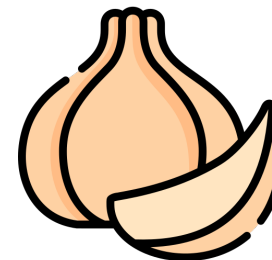
Dandelion: Age spots, anemia, arthritis, diabetes, eczema, endurance, energy, female organs, gout, hepatitis, liver, mental fatigue, senility, spleen, weight loss, jaundice.



Echinacea: Antibiotic, antiseptic, bad breath, blood poisoning, boils, cancer, ear infection, gangrene, glands, gonorrhea, all infections, leukemia, lymph glands, peritonitis, pus, syphilis, tonsillitis.



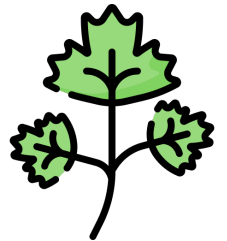
Garlic: Tuberculosis, asthma, bronchitis, skin diseases, stomach ulcers, leg ulcers, athlete's foot, abscesses, epilepsy, parasites, lungs, psoriasis, cancer, cholera, circulation, colitis, heart problems, lead poisoning, rabies.



Licorice: Addison's disease, age spots, coughs, diabetes, emphysema, estrogen, hypoglycemia, impotency, longevity, menopause, stress, voice.



Parsley: Adrenal glands, allergies, bladder, breath freshener, cancer, eyes, gout, kidneys.



Saffron: Acid stomach, arthritis, diverticulitis, gout, liver, kidneys, measles, slow starting menstruation.



White Willow: Arthritis, asthma, chills, dandruff, rashes, fevers, flu, all manner of pain, rheumatism, headache, migraine.



Yarrow: Blood purifier, Bright's disease, bursitis, chicken pox, fever, gas, flu, internal and external bleeding, hemorrhage, hemorrhoids, lungs, measles, heavy menstruation, pleurisy, pneumonia, wounds.

