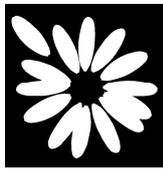
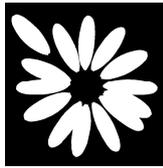


Blackcurrant Leaves



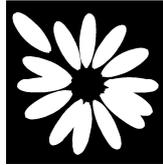
- Rich source of Vitamin C and Bioflavonoids.
- Great for hot flushes when combined with Hawthorne Berries and Sage.
- Useful for chronic diarrhoea and stomach ache.

Comfrey Root



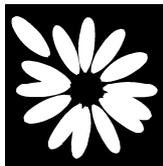
- It's common name Bonenit gives an indication to the main use of comfrey.
- High in allantoin, a constituent that helps heal tissue, including bones.
- Best used externally as a poultice for injuries especially relating to ligaments and bones.

Comfrey Leaves



- To help heal inflammation and ulceration of the digestive tract.
- Soothes and reduces irritable coughs, and assists expectoration of mucous.
- Combines well with Sage, Licorice and Mullein or Marshmallow.

Clivers



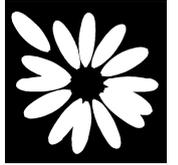
- Excellent tonic for supporting the lymphatic system.
- For swollen glands and tonsillitis.
- Widely used in skin conditions such as eczema and acne.

Burdock Root



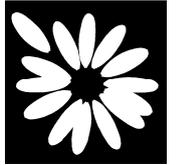
- Very good blood cleanser.
- Especially indicated in dry and scaly skin conditions.
- Combines well with Yellow Dock and Red Clover for treating eczema and psoriasis.
- Helps aid digestion and improve appetite.

Calendula



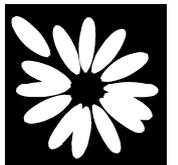
- Can be used both externally and internally whenever there is inflammation of the skin.
- As first aid, use as a poultice, lotion or compress for minor burns, bruising, slow healing wounds, bleeding and strains.

Chamomile Flowers



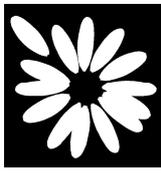
- A safe and gentle sedative, for mild insomnia and anxiety.
- Great digestive herb, for upset tummies, and wind.
- The infusion can be used as a mouthwash for gingivitis, and sore throats.

Cornsilk



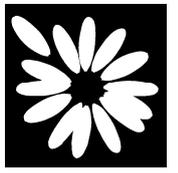
- To help soothe any irritation of the urinary system.
- For cystitis, urethritis and prostatitis.
- Combines well with Uva Ursi (Bearberry) for treating urinary complaints.

Dandelion Leaves



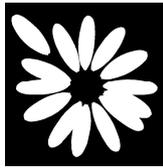
- Great source of potassium.
- A primary herb to support kidney function.
- Dandelion leaves are gently diuretic, and help with fluid retention.

Damiana Leaves



- Excellent strengthening herb to the nervous system
- Useful in mild anxiety, depression and low libido
- A Nerve tonic that combines well with Green Oats

Dandelion Root



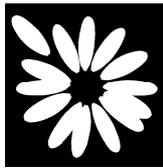
- The herb of choice for gentle liver support.
- Helps stimulate good liver function, also improving general digestive function in the process.
- If you feel the need to detoxify, start with this!

Echinacea Root



- A primary remedy to help reduce the severity and duration of microbial infections.
- Effective against both bacterial and viral attacks.
- Generally safe (except Echinacea allergies) and widely used.

Eyebright



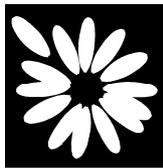
- A powerful decongestant for nasal catarrh and sinusitis.
- Useful for all conditions relating to the eyes (hence the name!).
- The infusion can be used to treat conjunctivitis and inflammation of the eye.

Elder Flowers



- Ideal to assist in the treatment of colds and flu.
- Gently supports the fever process.
- Helps decongest the upper respiratory tract.

Fennel Seeds



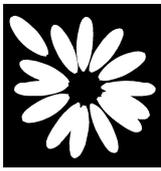
- An excellent remedy for relieving wind and indigestion.
- The tea can be given to babies to ease colic.
- Increases flow of breast milk.
- Often added to blends to improve taste!

Fenugreek Seeds



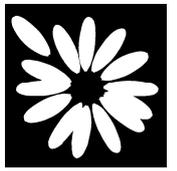
- Soothes the digestive system
- A powerful galactagogue: for stimulating the flow of breast milk in nursing mothers.
- It's blood sugar regulating effect makes it useful in fluctuating blood sugar levels.

Hawthorne Berries



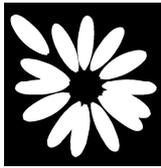
- A great strengthener for the heart and circulatory system.
- A rich source of bioflavonoids
- Used in mild cases of high blood pressure and Angina. Check before taking if you are also taking prescription medication.

Horsetail



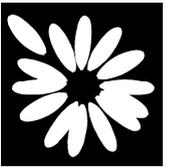
- Rich source of silica.
- Has a strong astringent effect on the urinary system
- Useful in the treatment of incontinence and bed wetting.
- High silica content makes it useful also for strengthening nails!

Hibiscus



- Used mainly for its colour and tangi flavour
- Rich in Vitamin C and bioflavonoids
- Can be used as a mild diuretic.

Hyssop



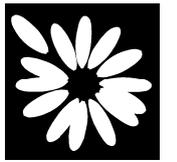
- Reduces spasms in coughs.
- Gently supports the fever process, useful for the common cold and influenza.
- Mixes well with Elder Flower and Peppermint to help treat symptoms of a cold.

Lemon Balm



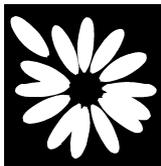
- Relieves spasms in the digestive tract, especially useful for wind and indigestion.
- Relieves tension and stress.
- Can be useful in feverish conditions.

Lemon Verbena



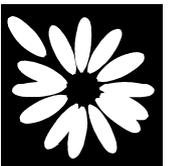
- A refreshing tea.
- Helps to relieve excess acidity, indigestion and flatulence.
- An uplifting tea that can be used in lethargy and mild depression.

Licorice Root



- An adrenal gland tonic, great to use in times of stress.
- Useful in bronchial conditions : coughs, bronchitis and asthma.
- Assists healing of peptic and gastric ulcers.

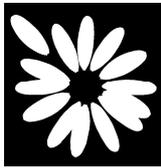
Lime Flowers



- A relaxing remedy for use in nervous tension.
- Good tonic for the cardiovascular system.
- Helps assist the fever process, useful in colds and influenza.

Kawakawa leaves

- Good tonic to counteract fatigue especially when recovering from coughs, colds and bronchitis
- Stimulating and warming tonic also useful as a digestive aid
- Popular drink for skin conditions such as eczema and boils



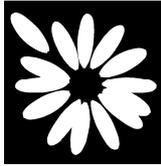
Manuka leaves

- Useful antimicrobial herb for fevers, colds and influenza
- Beneficial to treat bacterial or fungal infections internally and externally.
- Also commonly used to treat digestive disorders such as irritable bowel, peptic ulcers, gut infections and diarrhoea



Marshmallow Root

- Soothes inflammations of the digestive tract : gastritis, peptic ulcer, enteritis and colitis.
- Fantastic for soothing irritable coughs.
- Combines well with Licorice for coughs.



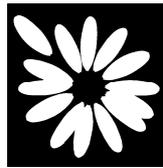
Meadowsweet

- One of the best all round digestive remedies.
- Reduces acidity and eases nausea.
- Useful to help with diarrhoea in children.
- Good anti-inflammatory for rheumatic pain.



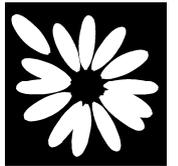
Motherwort leaves

- A heart & nerve remedy used to help reduce palpitations.
- It has gentle sedative and antispasmodic properties useful in anxiety and tension especially in relation to menopause.
- It is also used in delayed menstruation, menstrual pain and PMT.
- Combines well with Chamomile, Lime flowers Sage or Raspberry leaf



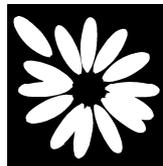
Mullein

- A wonderful herb that helps soothe irritable coughs, while still assisting expectoration.
- Helps to soothe and heal the mucous membranes of the respiratory system.
- Specific for bronchitis where there is a hard cough with soreness.



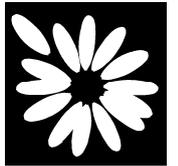
Nettle

- Known as a nutritive herb, to strengthen and support the whole body.
- Useful in treating eczema, especially childhood eczema.
- Combines well with Oatstraw as a nutritive, and Burdock for eczema.

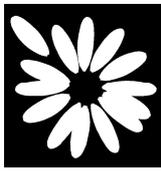


Oatstraw

- One of nature's best medicines for 'feeding' the nervous system.
- Specific for general debility and nervous exhaustion.
- Good source of silica, for strengthening tissues.



Passionflower



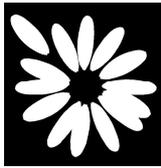
- Best known for its calming effect on the nervous system.
- As a gentle sedative and non-addictive tranquilizer, it is useful for insomnia, anxiety, tension & irritability.
- It blends well with Chamomile, Green Tea, Green Oats, Skullcap, St John's Wort

Pau D'Arco



- Strong anti-fungal action. Helps treat systemic candida and also recurrent thrush.
- Traditionally used as a blood purifier.
- Can help treat skin conditions and rheumatic problems.

Peppermint



- A great carminative: helps reduce griping and wind of the digestive system. Also reduces nausea.
- Helps stimulate normal digestive function.
- Make a yummy tea for digestion with Peppermint, Fennel, Chamomile and Meadowsweet

Raspberry Leaf



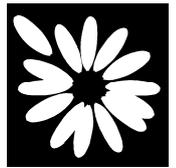
- Used in the last trimester of pregnancy to help tone and strengthen the uterus, assisting contractions, and helping with recovery after childbirth.
- It is helpful in treating mouth conditions such as mouth ulcers and bleeding gums.

Red Clover



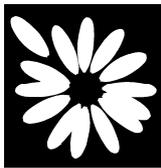
- Its purifying quality makes it useful in skin conditions, especially eczema & psoriasis.
- Contains isoflavones and flavonoids beneficial in menopause.
- Combines well with Burdock and Sage.

Rosehips



- One of the best natural sources of Vitamin C
- Assists in the treatment of infections, especially in the early stages.
- A nice 'Spring Tonic' for lifting vitality.
- Often added to blends to add flavour.

Sage



- A fantastic treatment for menopausal hot flashes.
- A classic remedy for inflammations of the mouth, throat and tonsils.
- Reduces the production of breast milk in lactating mothers

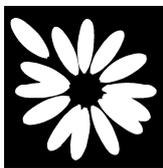
Senna leaves



- Well known for its stimulant effect on the bowel.
- Useful as a short-term laxative where soft bowel motions are required.
- Best combined with Fennel, Chamomile, Marshmallow, Peppermint, Ginger

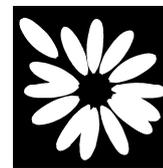
Skullcap

- Restorative nerve tonic
- Helps support and nourish the nervous system, calms and relieves stress and anxiety
- Its antispasmodic quality makes it useful in muscular tension brought on by stress and anxiety.
- Often used on its own or combined with other sedative herbs for insomnia or menstrual pain.



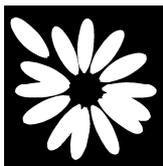
St John's Wort

- Nerve tonic used for exhaustion, anxiety and depression.
- Its antiviral activity acts against enveloped viruses such as hepatitis B & C, herpes virus.
- As an infused oil it stimulates tissues repair (wounds & burns), & reduces nerve pain (sciatica, toothache, joint pain).
- Combines well with Lemon Balm & Liquorice



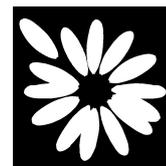
Thyme leaves

- Antiseptic and tonic properties are useful to the immune system
- Especially relating to fungal infections and throat/chest infections (e.g. bronchitis, whooping cough)
- Combines well with Sage, Manuka, Liquorice, Rosehips, Marshmallow



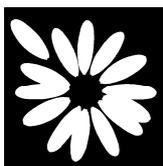
Uva Ursi

- Soothes, tonifies & strengthens the urinary system.
- Specific when there are stones or ulceration in the kidney or bladder.
- Combines well with Cornsilk in treating urinary infection.



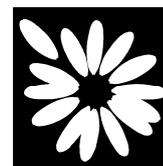
Vervain

- Good tonic for the nervous system.
- Useful in the treatment of stress, anxiety and depression.
- Helps regulate normal sleeping patterns.



Yarrow flowers

- Helps the body to deal with fevers, so is useful in the treatment of colds, flu and other infections.
- A good styptic - helps to stop bleeding, and also tones the blood vessels.
- Combines well with Elderflowers for fevers.



Green Tea

- Cancer protective effect due to its high levels of antioxidants
- Also known to have antimicrobial, cardioprotective and thermogenic action helpful in infections, high cholesterol and weight management
- Increases mental alertness due to its moderate levels of caffeine (stimulant) and l-theanine (relaxant)



White Tea

- This tea also comes from the Camelia sinensis plant but is much milder in taste.
- The young buds and leaves are hand picked in spring and have the least amount of processing leaving high levels of antioxidant.
- It has the same benefits as Green Tea.
- Combines well with Lavender, Rosehips, Liquorice, Chamomile, Lime flowers

