

HERBS FOR EVERYBODY

Tulsi:

Used to sooth the nervous system and as a tonic for the mind, body, and spirit. It has been known to help adapt to stress and relieve anxiousness.

Maca:

A highly nutritious source of vitamins and minerals. It has been used to increase fertility and libido in men and women. It also helps to increase endurance and memory.

Rosemary:

Rosemary has a long history of uses ranging from alleviating muscle pain, improving memory, boosting the immune system, and improving the circulatory system.

Burdock:

Used as a blood purifier and diuretic.

The herb also has a long history of being taken internally to treat eczema and psoriasis as an internal alterative.

It can be beneficial for digestion and treating indigestion.

Find more info at

www.theathomeapothecary.com