

1. ALFALFA LEAVES TEA: Helps reduce pain in joints and aids digestion.

2. WATERMELON SEED: Diuretic, used in kidney and bladder problems.

3. RASPBERRY LEAVES: Relieves menstrual cramps and eases childbirth.

4. VIOLET LEAVES: Steep down and mix with vasoline for healing salve.

5. PEPPERMINT TEA: Delightful drink used in cooking / fresh leaves crushed help to stop poison ivy.

6. HOPS TEA: Mixed with honey & lemon / soothing for coughs / made into a pillow, induces sleep.

7. BLACKBERRY ROOT: Stops diarrhea in children / young stalks maybe pulled and eaten -- called goody briar.

8. SPEARMINT TEA: Soothing for upset stomach / delightful drink.

9. CATNIP TEA: Given for babies colic and stomach ailments.



10. MULLEIN TEA: Respiratory ailments / crushed leaves - healing for hemorrhoids.

11. DANDELION: Leaves cooked for greens / leaves dried for teas as a gall bladder flush / roots dried and ground - substitute for coffee / blossoms make a tasty white wine.

12. CELERY LEAF TEA: Stimulates blood sugar (low blood sugar causes dropping spells).

13. PARSLEY TEA: Diuretic / chopped into salad / liver tonic.

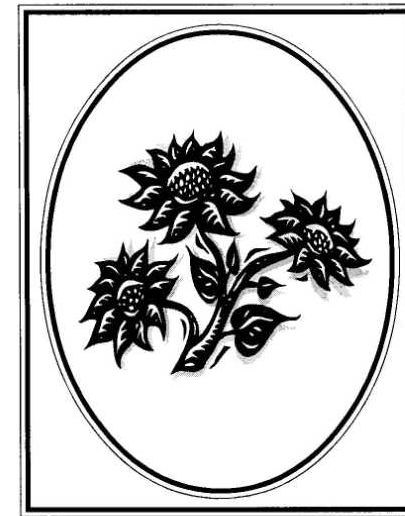
14. FENNEL TEA: Gargle for sore throat / insect repellent / in Italy, used in pasta cooking.

15. YARROW LEAVES: (crushed) Stops bleeding from cuts.

16. DILL TEA: Made from seeds or weed / helps dispel gas from intestines / stimulates appetite.

17. SAGE TEA: Relieves headaches / reduces cold symptoms / improves fowl and pork roast.

MARIE BERRY CROSS



Herbal Remedies

By
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