




















Medicinal Herbs Uses

<p>African Wormwood</p>  <p>Artemesia afra</p>	<p>Mental fatigue, nervous insomnia, intestinal worms, anti-microbial reduces blood pressure</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>
<p>Alfalfa</p>  <p>Medicago sativa</p>	<p>Tonic reduces hot flushes, valuable for treating stomach ulcers. Blood purifier, alkalizes and detoxifies</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>
<p>Basil</p>  <p>Ocimum basilicum</p>	<p>Headaches, indigestion, nerve pain, antiseptic, clears phlegm and reduces sore throats</p>	<p>50g 10g</p>	<p>R30.00 R8.00</p>
<p>Bloublom Salie</p>  <p>Salvia africana</p>	<p>Chest ailments, disorders of the uterus, liver and stomach tonic.</p>	<p>50g 10g</p>	<p>R30.00 R8.00</p>
<p>Buchu</p>  <p>Agathosma betulina</p>	<p>Kidney and bladder infections, PMS, arthritis and diuretic.</p>	<p>20g 10g</p>	<p>R42.00 R23.00</p>
<p>Calendula</p>  <p>Calendula officinalis</p>	<p>Anti bacterial, anti inflammatory, reduces effects of food allergies. Repairs dry and inflamed skin.</p>	<p>25g 10g</p>	<p>R55.00 R24.00</p>

<p>Cancerbush</p>  <p>Sutherlandia frutescens</p>	<p>Helps to treat type 2 diabetes, and certain cancers, anti viral, anti bacterial, anti fungal and helps with rheumatoid arthritis support.</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>
<p>Catnip</p>  <p>Nepeta cataria</p>	<p>Induces natural sleep, diarrhea, headaches, varicose veins</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>
<p>Celery</p>  <p>Apium graveolens</p>	<p>Diuretic, osteoarthritis, gout, cystitis, flatulence</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>
<p>Comfrey</p>  <p>Symphytum officinale</p>	<p>Bronchitis, pneumonia, peptic ulcers, bites stings, arthritis and rheumatism</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>
<p>Dandelion</p>  <p>Taraxacum officinale</p>	<p>Improves digestion, regulates blood sugar, high blood pressure, protects liver and helps with iron deficiency.</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>
<p>Devils Claw</p>  <p>Harpogophytum procumbens</p>	<p>Rheumatoid arthritis, neuralgia, lower back pain and pancreas</p>	<p>50g 10g</p>	<p>R35.00 R9.00</p>





<p>Echinacea</p>  <p>Echinacea augustifolia</p>	<p>Boosts immune system, chronic fatigue, urinary system, herpes and skin inflammations.</p>	<p>50g 10g</p>	<p>R40.00 R10.00</p>
<p>Elderflower</p>  <p>Sambucus nigra</p>	<p>Hay fever, sinusitis, pain killer, laxative, minor burns and chill blains</p>	<p>50g 10g</p>	<p>R57.00 R13.00</p>
<p>Fennel</p>  <p>Foeniculum vulgare</p>	<p>Stomach, flatulence, increases milk flow in breastfeeding mothers, choughs and catarrh.</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Feverfew</p>  <p>Tanacetum parthenium</p>	<p>Fever, headaches, infertility, labour during child birth, psoriasis, dizziness and vomiting.</p>	<p>50g 10g</p>	<p>R51.00 R12.00</p>
<p>Goldenrod</p>  <p>Solidago vigaurea</p>	<p>Kidney and bladder stones and urinary infections</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Koorsbossie</p>  <p>Marrubium vulgare</p>	<p>Asthma, bronchitis, catarrh, colds cough, croup, dyspepsia, laryngitis, tachycardia, TB typhoid, whooping cough, worms</p>	<p>50g 10g</p>	<p>R32.00 R8.00</p>

<p>Lavender Leaf</p>  <p>Lavandula angustifolia</p>	<p>Headaches, migraines, anxiety, insomnia, inflammation, nausea, eczema and burns.</p>	<p>50g</p> <p>10g</p>	<p>R35.00</p> <p>R 9.00</p>
<p>Lemon Balm</p>  <p>Melissa officinalis</p>	<p>Sedative, hyperthyroidism, tension headaches and induces sleep.</p>	<p>50g</p> <p>10g</p>	<p>R35.00</p> <p>R 9.00</p>
<p>Lemongrass</p>  <p>Cymbopogon citratus</p>	<p>Ringworm, lice, athlete's foot, scabies, relieves muscle spasms and exhaustion.</p>	<p>50g</p> <p>10g</p>	<p>R43.00</p> <p>R11.00</p>
<p>Lemon Verbena</p>  <p>Aloysia triphylla</p>	<p>Colds, fever. asthma, sedative, colic, flatulence and boils</p>	<p>50g</p> <p>10g</p>	<p>R35.00</p> <p>R 9.00</p>
<p>Majoram</p>  <p>Origanum majorana</p>	<p>Chest complaints, tension headaches, painful menstruation, stiff joints and arthritis.</p>	<p>50g</p> <p>10g</p>	<p>R35.00</p> <p>R 9.00</p>
<p>Milk Thistle</p>  <p>Silybum marianum</p>	<p>Liver disease, protects liver from chemotherapy, assists with withdrawel form alcoholism and drug abuse.</p>	<p>50g</p> <p>10g</p>	<p>R43.00</p> <p>R11.00</p>
<p>Oreganum</p> 	<p>Toothache, mouth hygiene, headaches, tonsillitis colds and</p>		

<p>Origanum vulgare</p>	<p>flu</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Parsley</p>  <p>Petroselinum crispum</p>	<p>Inhibits tumor growth, relaxes spasms, clears toxins, prevents kidney stones, anorexia, prostate problems.</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Passiflora</p>  <p>Passiflora incarnata</p>	<p>Nervous sleep disorders, anxiety, neuralgia, irritability and gastrointestinal upsets in children.</p>	<p>50g 10g</p>	<p>R70.00 R16.00</p>
<p>Peppermint</p>  <p>Mentha expiperita</p>	<p>Morning sickness, spastic colon, gall bladder, bile ducts, stomach ulcers, positively influences mind and emotions.</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>
<p>Plantain</p>  <p>Plantago major</p>	<p>TB, glue ear, anti bacterial, prostatic swellings, excessive menstrual bleeding, anti-inflammatory, infections of the urethra</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>
<p>Psyllium</p>  <p>Plantago afra</p>	<p>Constipation, ulcerative colitis, cholesterol, reduces appetite, diabetes and inflamed eyelids.</p>	<p>25g 10g</p>	<p>R69.00 R29.00</p>
<p>Rose Hip</p>	<p>High in vitamin C, contain vitamin A and B, essential fatty acids, antioxidant flavonoids,</p>		

 <p>Rosa Rubiginosa</p>	<p>anti-inflammatory. Often used for colds and flu. Regulates urinary and kidney function.</p>	<p>100g 10g</p>	<p>R20.00 R 4.00</p>
<p>Rosemary</p>  <p>Rosmarinus officinalis</p>	<p>Improves circulation, raises blood pressure, stimulates memory, stimulates hair growth, reduces freckles and wrinkles</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Rue</p>  <p>Ruta graveolens</p>	<p>Drawing poultice for abscesses, skin parasites, anxiety, menstrual pain, starts period if delayed, colic worms and upset stomach</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Sage</p>  <p>Salvia officinalis</p>	<p>PMS, mood swings, water retention, night sweats, memory, gargle, infections of throat and mouth</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Scented Pelargonium</p>  <p>Pelargonium odartissimum</p>	<p>Anti depressant, calms stress, eczema, shingles, varicose veins. Menopause and PMS.</p>	<p>50g 10g</p>	<p>R30.00 R 8.00</p>
<p>Shepherds' Purse</p>  <p>Thlaspi bursa-pastoris</p>	<p>Menstruation, nose bleeds, high blood pressure, and cystitis</p>	<p>50g 10g</p>	<p>R46.00 R11.00</p>
<p>Stinging Nettle</p>	<p>Blood cleanser, detoxifier,</p>		



<p>Urtica dioica</p>	<p>diuretic, anti inflammatory, helps anemia, allergies and acne.</p>	<p>50g 10g</p>	<p>R46.00 R11.00</p>
<p>Thyme</p>  <p>Thymus vulgaris</p>	<p>Lifts mood, induces sleep, expectorant, bronchitis, pneumonia whooping cough fights infections.</p>	<p>50g 10g</p>	<p>R35.00 R 9.00</p>
<p>Violet Leaf</p>  <p>Viola odorata</p>	<p>Respiratory problems, breast, lungs and colon cancer, eczema, mumps and boils</p>	<p>50g 10g</p>	<p>R40.00 R10.00</p>
<p>Wormwood</p>  <p>Artemesia absinthium</p>	<p>Tonic, digestion, antiseptic, antispasmodic, gall bladder, reduces fever, parasite cleanser and labour pains</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>
<p>Yarrow</p>  <p>Achilea millefolium</p>	<p>Good diuretic, reduces high blood pressure, regulates menstrual flow, antiseptic and anti inflammatory. Cystitis and good mouthwash.</p>	<p>50g 10g</p>	<p>R43.00 R11.00</p>