



Catnip
Nepeta cataria

Catnip tea's biggest health benefit is the calming effect that it can have on the body. Catnip contains nepetalactone, which is similar to the valepotriates found in a commonly used herbal sedative, valerian. This can improve relaxation. Catnip tea can stimulate uterine contractions, which can help women or girls with delayed menstruation get their periods. It may also help promote evacuations of the placenta following childbirth.



Wormwood
Artemisia absinthium

Wormwood is used for various digestion problems such as loss of appetite, upset stomach, gall bladder disease, and intestinal spasms. Wormwood is also used to treat fever, liver disease, depression, muscle pain, memory loss and worm infections; to increase sexual desire; as a tonic; and to stimulate sweating. Wormwood oil is also used for digestive disorders, to increase sexual desire, and to stimulate the imagination. Some people apply wormwood directly to the skin for osteoarthritis (OA), and healing wounds and insect bites. Wormwood oil is used as a counterirritant to reduce pain.



Elderflower or Elderberry
Sambucus

The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They could help tame inflammation, lessen stress, and help protect your heart, too. It has also been used to treat; constipation, joint & muscle pain, infections that affect breath, headaches, fever, kidney problems, epilepsy, minor skin conditions, stress and HIV/AIDS.



Pineapple Sage
Salvia elegans

You can drink pineapple sage tea to calm your nerves, and like many of its mint cousins it aids in digestion and is good for settling an upset stomach. Some say it helps with memory loss and studies on mice have indicated that it has anti-depressant and anti-anxiety properties. Widely used in traditional medicine, particularly in the form of infusions or decoctions in order to lower blood pressure and combat central nervous system disorders for anxiety and insomnia.



Purple Vervain
Verbena bonariensis

Vervain is a popular remedy due to its multiple plant-beneficial compounds. Some of its benefits include antitumor effects, nerve cell protection, anxiety- and convulsion-reducing properties and antimicrobial activity.



Dill
Anethum graveolens

Fresh dill is low in calories, yet a good source of many essential nutrients, including vitamin C, magnesium, and vitamin A. Rich in a variety of plant compounds that may have numerous benefits for health, including protection against heart disease and certain forms of cancer. Additionally, dill may help lower blood sugar levels, but more human studies are needed.



Meyer Lemon
Citrus × meyeri

Some of the main health benefits of Meyer Lemons are improving digestive health soluble fibre helps to improve gut health and slow the digestion of sugars and starches. These effects may result in reduced blood sugar levels. Cardiovascular Health intake of isolated fibres from citrus fruits has been displayed to decrease blood cholesterol levels, and the essential oils in lemons can protect LDL cholesterol particles from becoming oxidized. Hair the juice when applied to the scalp can treat several hair problems like dandruff, hair loss and other problems related to the hair and scalp. Also helps weight control, fever, skin care, prevents kidney stones, throat infections, high blood pressure, prevention of anaemia, dental care, reduce cancer risk, burns, internal bleeding, respiratory disorders, for relaxation and corns.



Salvia Hotlips
Salvia microphylla

Salvia Hotlips is high in antioxidants and may help support oral health, aid brain function and lower blood sugar and cholesterol levels. In form of a tea it contains several anti-inflammatory and antioxidant compounds, including rosmarinic acid, camphor, and carnosol, to which many of its benefits are attributed. Contains camphor and carnosol, which can help prevent skin damage. It may also accelerate wound healing and kill harmful bacteria and fungi. Sage may relieve oral pain and inflammation, as well as bad breath. It has several dental applications due to its antibacterial and wound-healing benefits. In test-tube studies, sage tea and its compounds have demonstrated several cancer-fighting effects. However, more studies in humans are needed. Sage tea may help prevent or treat type 2 diabetes by reducing blood sugar levels.



Guava common
Psidium guajava

Fresh guavas are rich in vitamins A, B, and C; they are commonly eaten raw and may be sliced and served with sugar and cream as a dessert. *Psidium guajava* has been used in traditional medicine by many cultures throughout Central America, the Caribbean, Africa, and Asia. It is used for inflammation, diabetes, hypertension, caries, wounds, pain relief, fever, diarrhoea, rheumatism, lung diseases and ulcers.



Clary Sage
Salvia sclarea

Some of the health benefits of Clary Sage are; stress reduction, antibacterial properties, natural antidepressants, supports oral health, reduces blood pressure, memory an brain health, lower bad LDL cholesterol, alleviation of menopause symptoms and reducing menstrual cramps. Sage is rich in nutrients – especially vitamin K – despite being low in calories. One teaspoon (0.7 grams) boasts 10% of your daily vitamin K needs. Loaded with antioxidants, Sage has been linked to other potential health benefits, such as relieving diarrhoea, supporting bone health and combatting skin aging that are linked to several health benefits, including improved brain function and lower cancer risk.



Lemon Balm
Melissa officinalis

Lemon balm can help; relieve stress, reduce anxiety, boost cognitive function, help ease insomnia and other sleep disorders, help treat cold sores, relieve indigestion, help treat nausea, help minimise menstrual cramps and help lessen toothache pain.

