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MARJORAM (*ORIGANUM MAJORANA*)

Used a spice and flavoring. Fortifies stomach and intestines. Stimulates appetite. Anti-spasmodic. Reduces fever. Traditionally used for flatulence. Supports liver and gallbladder function. Helpful for coughs, bronchitis, asthma and colds. Relieves headaches. Mild diuretic activity. Used externally for sprains, arthritis, rheumatism, and bruises. **Key Uses:** Coughs, colds, sprains. **Cautions:** Not intended for extended use.



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MARSHMALLOW (*ALTHAEA OFFICINALIS*)



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Mucilage. Helps relax the bronchial tubes. Soothes membranes in kidneys. Heals inflammation. Anti-inflammatory. Anti-irritant. Good for gastrointestinal tract. Soothing on mucus membranes. Useful for lungs and bronchial tubes. Its soothing properties work well as a poultice. Used to treat: kidney stones, cystitis, incontinence, painful urination, diarrhea, dysentery, cholera. Soothes respiratory tract. Good for bronchitis, asthma, whooping cough. **Key Uses:** asthma, emphysema, kidneys, lung congestion, infected wounds, bronchial infections.

MILK THISTLE (*SILYBUM MARIANUM*)

Famous as a liver rejuvenative. Restores impaired liver function. Used for the



"Well" Stocked Pantry



Healthy Recipes



Tea Room



Green House



Herb Guide