

Menthol crystals	1.Helps relieve nausea
Eleuthero root	1.Helps performance 2.Helps concentration
Cat's Claw	1.Can help with chemotherapy 2.Helps protect red blood cells
St john's wort	1. Helps bruises 2.Helps with depression
Arnica flowers	1.gels 2.mosquito bite soother

Echinacea purpurea root	1.helps control blood sugar 2.aids in healthy cell growth
Lobelia herb	1.increases sweating 2.helps with breathing
Pau d'arco inner bark	1.Diabetes
cilantro	1.a health juice 2.a garnish
Cayenne	1.reduces hunger

Belladonna atropa	1.Poison arrows 2.Motion sickness
Hemlock	No uses poisonous
Daffodils	1.whooping cough 2.colds
Skullcap Herb	1.stroke
Black cohosh root	1.mental function 2.heart disease

Blue cohosh root	1.can be made into a powder 2.Female health
Wolfbane	1.Ninjas used it for assassinations

Valerian root	1.Insomnia 2.psychological distress
Ginger root	1.Stomach problems
Echinacea angustifolia root	1.Consumption 2.Flu 3.Colds

Marshmallow root	1.Skin reliever 2.tea 3. Pain reliever
Wormwood herb	1.Intestinal spasms 2. Stimulates imagination 3.pain reliever
Black walnut leaf	1.antifungal 2.antibacterial 3.helpful in healing eczema and ringworm 4. Prolonged use may cause dermatitis.
White oak bark	1.fever 2. Cold 3.Bronchitis
Gravel root	1. gout 2. fever 3. likely unsafe

Mullein leaf	1. Burns 2. Bruises 3. Hair dye
Hops flowers	1.Flavoring stability agent in beer
Passionflower herb	1.Helps with depression

Peppermint	1.IBS 2.colds and headaches.
Fennel seeds	1.Smells good 2.Medicine 3.Bloating
Camomille	1.Hay fever 2.Lowers risks of heart disease 3.Helps relieve anxiety

Basil	1.Seasoning 2.Can be made into a powder 3.Embalming mummies
Raspberry leaf	1.gastrointestinal tract disorders 2.respiratory system disorders 3.Heart problems
Lemon	1.Resolve anxiety and emotional stress 2.Promote calmness and sleep
Lavander	1.Soothing 2.Fights insomnia 3.used in shampoos
Spearmint	1.Nausea 2.indigestion 3.Swelling due to nerve or muscle pain
Comfrey	1.Low back pain 2.sprains 3.Osteoarthritis
Dandelion	1.Skin toner 2.loss of appetite 3.Stomach problems
Sage	1.Depression 2.memory loss 3.heartburn 4.cooking

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