

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	<ol style="list-style-type: none"><li>1.Skin reliever</li><li>2.tea</li><li>3. Pain reliever</li></ol>
Wormwood herb	<ol style="list-style-type: none"><li>1.Intestinal spasms</li><li>2. Stimulates imagination</li><li>3.pain reliever</li></ol>
Black walnut leaf	<ol style="list-style-type: none"><li>1.antifungal</li><li>2.antibacterial</li><li>3.helpful in healing eczema and ringworm</li><li>4. Prolonged use may cause dermatitis.</li></ol>
White oak bark	<ol style="list-style-type: none"><li>1.fever</li><li>2. Cold</li><li>3.Bronchitis</li></ol>
Gravel root	<ol style="list-style-type: none"><li>1. gout</li><li>2. fever</li><li>3. likely unsafe</li></ol>

Mullein leaf	<ol style="list-style-type: none"><li>1. Burns</li><li>2. Bruises</li><li>3. Hair dye</li></ol>
Hops flowers	<ol style="list-style-type: none"><li>1.Flavoring stability agent in beer</li></ol>
Passionflower herb	<ol style="list-style-type: none"><li>1.Helps with depression</li></ol>

Peppermint	<ol style="list-style-type: none"><li>1.IBS</li><li>2.colds and headaches.</li></ol>
Fennel seeds	<ol style="list-style-type: none"><li>1.Smells good</li><li>2.Medicine</li><li>3.Bloating</li></ol>
Camomille	<ol style="list-style-type: none"><li>1.Hay fever</li><li>2.Lowers risks of heart disease</li><li>3.Helps relieve anxiety</li></ol>

Basil	<ol style="list-style-type: none"><li>1. Seasoning</li><li>2. Can be made into a powder</li><li>3. Embalming mummies</li></ol>
Raspberry leaf	<ol style="list-style-type: none"><li>1. gastrointestinal tract disorders</li><li>2. respiratory system disorders</li><li>3. Heart problems</li></ol>
Lemon	<ol style="list-style-type: none"><li>1. Resolve anxiety and emotional stress</li><li>2. Promote calmness and sleep</li></ol>
Lavander	<ol style="list-style-type: none"><li>1. Soothing</li><li>2. Fights insomnia</li><li>3. used in shampoos</li></ol>
Spearmint	<ol style="list-style-type: none"><li>1. Nausea</li><li>2. indigestion</li><li>3. Swelling due to nerve or muscle pain</li></ol>
Comfrey	<ol style="list-style-type: none"><li>1. Low back pain</li><li>2. sprains</li><li>3. Osteoarthritis</li></ol>
Dandelion	<ol style="list-style-type: none"><li>1. Skin toner</li><li>2. loss of appetite</li><li>3. Stomach problems</li></ol>
Sage	<ol style="list-style-type: none"><li>1. Depression</li><li>2. memory loss</li><li>3. heartburn</li><li>4. cooking</li></ol>

