

✨ Back to School Herbal Essentials: Your Natural Health Blueprint ✨

Digestive Health & Stomach Lining

- [Ginger](#) – aids digestion, nausea, bloating
- [Turmeric](#) – anti-inflammatory, supports digestion
- [Slippery Elm](#) – soothes and coats the digestive tract
- [DGL Tablets](#) – protects stomach lining, reduces irritation

Women's Health

- [Raspberry Leaf](#) – uterine & menstrual support
- [Sage](#) – supports hormonal balance, hot flashes

Flu, Colds & Immunity

- [Elderberry](#) – antiviral, flu prevention
- [Echinacea](#) – immune booster
- [Oil of Oregano](#) – antimicrobial, fights infections
- [Black Seed Oil](#) – anti-inflammatory, immune support
- [Ginger](#) – warming, boosts immunity

Respiratory & Lung Support

- [Mullein](#) – lung tonic, clears mucus, supports breathing

Liver & Detox Support

- [Milk Thistle](#) – protects & regenerates the liver
- [Dandelion Root](#) – liver cleansing, gentle detox
- [Burdock Root](#) – blood purifier, liver & skin support

Blood Cleansers & Circulation

- [Burdock Root](#) – blood purifier
- [Dandelion Root](#) – blood & liver support
- [Beet Root](#) – circulation & blood pressure support

Allergies & Anti-Inflammatory

- [Stinging Nettle](#) – seasonal allergy relief, reduces inflammation

Colon & Bowel Health

- [Cascara Sagrada](#) – natural colon cleanser, gentle laxative

Joint & Bone Support

- [Collagen](#) – supports cartilage, joints, skin
- [Cod Liver Oil](#) – omega-3s, bone & joint health

Circulatory & Metabolic Stimulants

- [Cayenne Pepper](#) – circulation booster, metabolism support
- [Turmeric](#) – anti-inflammatory, circulation support

Blood Pressure Support

- [Hawthorn Berry](#) – strengthens the heart, lowers blood pressure
- [Garlic](#) – vasodilator, cardiovascular support
- [Ginger](#) – circulation & blood pressure support
- [Beet Root](#) – relaxes blood vessels, lowers BP

Blood Sugar Balance

- [Ceylon Cinnamon](#) – balances blood sugar, improves insulin sensitivity
- [Gymnema Sylvestre](#) – reduces sugar cravings, supports glucose control