



**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.



**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.



**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.



**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.



**Meyer Lemon**  
*Citrus x 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.



**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.

