



Lemongrass
Cymbopogon citratus

Lemongrass contains several flavonoids that function as antioxidants and anti-inflammatory agents. In their antioxidant capacity, flavonoids prevent damage to cells that can lead to long-term diseases such as heart disease or arthritis. One flavonoid in Lemongrass called luteolin has the ability to slow the growth and hasten the death of certain types of cancer cells. Lemongrass essential oil showed antimicrobial abilities against *Streptococcus mutans* bacteria, the bacteria most responsible for tooth decay. Lemongrass tea is used as a detox tea to kick-start your metabolism and help you lose weight.



Lime Miranfolia
Citrus aurantifolia

Lime Miranfolia is widely used because of its antibacterial, anticancer, antidiabetic, antifungal, anti-hypertensive, anti-inflammation, anti-lipidemia, and antioxidant properties; moreover, it can protect heart, liver, bone, and prevent urinary diseases. Limes are high in vitamin C, providing over 20% of your daily needs. They also contain small amounts of iron, calcium, vitamin B6, thiamine, potassium, and more. Some other health benefits include a good source of antioxidants, boost immunity, promote healthy skin, reduce heart disease risk, prevent kidney stones, increase iron absorption and reduce risk of certain cancers.



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.



Mandarin
Mandarin Reticulata

Mandarins have an impressive nutritional profile, packing vitamin C, fibre, and other essential nutrients. Mandarins deliver beneficial plant compounds like antioxidants. They boost your health by strengthening your immune system and promoting a healthy gut. They may even reduce your risk of kidney stones, but this area needs more research.



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.



Variegated Society Garlic
Tulbaghia violacea

Traditionally speaking, society garlic has been used in a number of medicinal applications, in order to treat problems with hormone balance and blood pressure, as well as to help prevent certain types of cancer. As well as this it also balances hormones, lowers blood pressure and can be used in dishes to improve gut health.



French Lavender
Lavandula stoechas

Lavender oil is believed to have antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness. Some studies suggest that consuming lavender as a tea can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling. In addition to helping with digestive problems, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It can also be used to prevent hair loss.



Comfrey
Symphytum

Comfrey cream is a natural substance made from *Symphytum officinale*, an herb in the borage family. Also known as comfrey ointment, salve, or gel, it's said to reduce inflammation and alleviate pain when applied to the skin. Proponents claim that comfrey cream can treat a variety of health conditions and injuries. It also is proven to help with bruises, fractures, gout, rheumatoid arthritis, sprains and strains and wounds.



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.



Yarrow
Archillea Millefolium

It's genus name, *Achillea*, refers to the warrior Achilles in Greek mythology, as he used yarrow to treat his soldiers' wounds. Some of the health benefits for Yarrow include enhancing wound healing. Yarrow tea may provide several digestive benefits, such as combatting ulcers and IBS symptoms. It also contains flavonoids and alkaloids that may relieve symptoms of depression and anxiety. All the same, human studies are necessary. Yarrow may reduce symptoms of certain brain disorders, such as epilepsy, multiple sclerosis, Alzheimer's, and Parkinson's. Yarrow tea may reduce both liver and skin inflammation, but research is currently limited.

