

HERBS FOR MEDICINAL USE

RESPIRATORY			
Caraway	Coriander	Hyssop	Lungwort
Thyme			

ANTI-INFLAMMATORY			
Applemint	Lady's Mantle	Lily	Rosemary
Nasturtium			

DIURETIC AND ANTISEPTIC			
Bergamot	Bistort	Horseradish	Rosemary
Parsley			

DIGESTIVE			
Centaury	Chives	Dill	Marjoram
Oregano	Spearmint	Tarragon	Wild Celery

NERVES AND EMOTIONS			
Flat leaf Parsley	Lemon Balm	Motherwort	Sea Holly
St John's Wort	Tansy		

PAIN			
Agrimony	Bay	Chicory	Heartsease Pansy
Maiden Pink	Mallow	Rue	Sweet Cicely
Vervain	Winter Savory		

WOUNDS			
Chamomile	Echinacea	Marigold	Sweet Woodruff

OPHTHALMOLOGY - EYES			
Chervil	Clary Sage	Eyebright	Flax
Green Fennel	Wood Betony		