(chicory.)

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life•love•herbs
Top 10 Herbs

1. **Tulsi (Holy Basil)** - helps the body fight stress.
2. **Calendula** - skin wonder. Herb used in toner, steam, & baths.
5. **Chamomile** - mild sedative, eases gasiness. Great for teas.
6. **Milkly oats** - nervous, soothing + nutritive.
7. **Nettles** - like an herbal multi-vitamin.
8. **Lavender** - mild, anti-depressant, mild sedative, helps headaches.
10. **Lemon balm** - soothes nervousness and anxiety.
To prepare tea, steep 1 tbs of herbs in 1 cup hot (not boiling) water. Let steep covered for 5-15 minutes. Cooled tea can stay out at room temp. for 24 hrs or keep for 2-3 days when refrigerated. Some great herb combos are:

- Tulsi + Peppermint + Lavender
- Rose + peppermint
- Peppermint + chamomile + Lemon-balm
- milky oats + Lavender + Chamomile
- Nettles + milky oats + Lemon balm
- Peppermint + chamomile + thyme
- Lemn balm + Rose
The skin is the body's largest organ and a good indicator of overall health. Herbal baths can be a great way to relieve stress, relax tired muscles, and soothe irritated skin.

**How To:**

fill a muslin cloth (or coffee filter) with \( \frac{1}{4} \) cup herbal mixture. Secure bag. Add to hot bath water. Soak for at least 15 min.
Herbal Steam: Place 1 tbs herbs in bowl of boiling water. Place face 6-10 inches away and cover with towel to catch steam. Do this for 5-10 min. Great for colds, hangovers, and at-home facials. Leftover liquid can be placed into spray bottle and used as facial toner. Use for up to a week!
Why Herbs?

- Environmentally sustainable
- Reclaiming ancestral roots
- Insurance is not a barrier
- Low-cost

Herbs— not just mask symptoms as many modern medicines tend to do. They look at your health. They look to help you treat the root causes of ailments. A skilled herbalist can provide an individualized and comprehensive medicine made for the people, by the people.
chapped lips and chapter books
hair as unruly as my personality,
but that's what you liked about me, right?
when I was with you I sung like a bird
beguiled by your silver tongue.
maybe it's when I left in the night,
maybe it's when you looked at me and hesitated
that's when I realized why you don't...