

# 6 Herbs to Start Your Home Apothecary

Have you ever wanted to start building your own collection of herbal medicines to care for you and your family? All of the options can be overwhelming, but don't worry! Here is a very small selection of easy to find herbs that will give you a promising start to your very own home apothecary. With these 6 herbs, you will be able to help alleviate many common ailments, as well as support your overall health and wellness.



## Chamomile

*Matricaria retutita*

**Characteristics:** warm and relaxant

**Organ systems:** Digestive, nervous and reproductive systems

- Gentle relaxant and calming herb, helpful for restlessness and anxiety
- Digestive stimulant, eases gas and bloating
- Supports sleep
- When used topically, soothes skin inflammation and rashes



## Calendula

*Calendula officinalis*

**Characteristics:** warm, dry, tonifying

**Organ systems:** Lymphatic system

- Stimulates circulation of lymph, aiding in fighting infection and more
- Supports healing of bumps and bruises, rashes and bites
- Soothing and healing to the digestive tract
- Helps promote blood flow and movement of heat to the surface of the skin, cooling a fever

## Thyme

*Thymus vulgaris*

**Characteristics:** hot, dry, tonifying

**Organ systems:** Respiratory and digestive systems

- A powerful antimicrobial herb, especially for respiratory infections. Toning to lung tissue.
- A digestive stimulant, helpful for cold sluggish digestive conditions and pathogens in the gut, helps dispel gas
- Both kills pathogens on contact and helps make body unfriendly host



## Peppermint

*Mentha x piperita*

**Characteristics:** warm, dry, relaxant

**Organ systems:** Digestive system

- Helpful in cases of gas, bloating and other digestive upset
- Anti-microbial action, can reduce phlegm in respiratory tract
- Can help release the heat of a fever
- Relaxing and anti-inflammatory in cases of tension, helpful for tight muscles and accompanying headaches
- High vitamin and mineral content

## Dandelion

*Taraxacum officinale*

**Characteristics:** Cold, dry, tonifying

**Organ systems:** liver, kidney and urinary system

- Bitter herb, helps to stimulate digestion
- Supports liver function and helps to detox and cleanse blood
- High vitamin and mineral content
- Diuretic and helpful for water retention



## Plantain

*Plantago major*

**Characteristics:** Cool, moist, tonifying

**Organ systems:** Digestive system and skin

- Excellent wound healing herb, helpful for cuts, bites, scrapes and stings.
- Anti-microbial, and anti-inflammatory
- Healing and soothing to tissues in respiratory tract and intestinal lining

