Healing Garden

Aloe Vera

Good For Oral Health

Healing Burns Including Sunburns

Reduces Inflammation

Boost Immune System

This plant prefers sandy soil and does not like to get watered very often. It works well as a potted plant so you can bring indoors during the cooler months.

Ginger

Digestive
Anti-inflammatory

Use the Root

Ginseng

Central Nervous System
Focus & Attention

Takes many years

Holy Basil

Adaptogen
Antimicrobial
Antioxidant

Use the Leaves

Marshmallow

Loosens Mucus
Treats Respiratory Issues

Use the Leaves

Lily of the Valley

—In the treatment of health ailments, the leaves and flower have been used for centuries.

—The effect of the whole plant is more gradual in comparison, producing effective results with a smaller dose.

—Used in Aromatherapy

Dried Leaves: 60-200mg

Tincture 1:5 in 40% alcohol, take .5-1Ml

Peppermint

Ease Pain
Digestive Issues
Helps Nausea

Plant next to kale
or cabbage

Plantain

Gets rid of
Coughs
Treats Skin Issues

Steep 1-2 TBS in 1
Cup of Water

St. Johns Wart

Anti-Depressant
Hormonal
Imbalance

Grows as a bush

Turmeric

Inflammation
Pain Relief
Ant-depressant

Can Grow form
what we buy in the
store

Cilantro

- Binds to toxic metals
- Digestive Aid
- Great for the cardiovascular system
- Helps lower blood sugars

As A Paste

- Helps sunburns and poison ivy

Grow in cooler, shadier areas because once the plant bolts and goes to flower you can’t use it.

Dill

- Also called Dill Weed
- Contains Vitamin C
- Boost Immune System
- Helps prevent bacterial growth

Perennial plant, so if you let it go to seed, a new crop will come up the following year.

Garlic

- If you plant nothing else PLANT garlic
- Anti-inflammatory
- Cardiovascular Health
- Reduces High Blood Pressure
- Improves Cholesterol Levels
- Antibacterial Properties

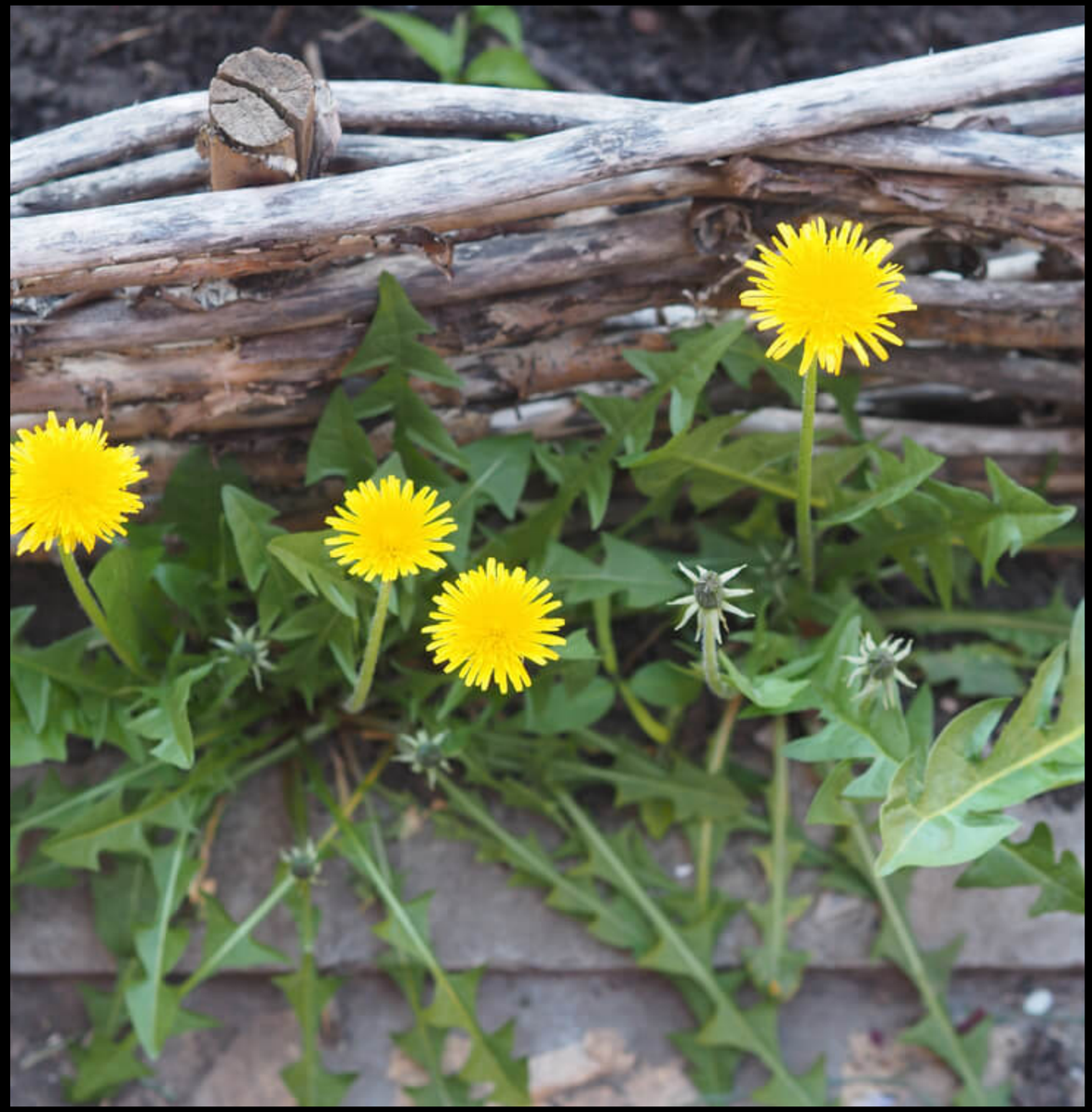
Chop or crushed in your food.
Fermented in honey
Pills

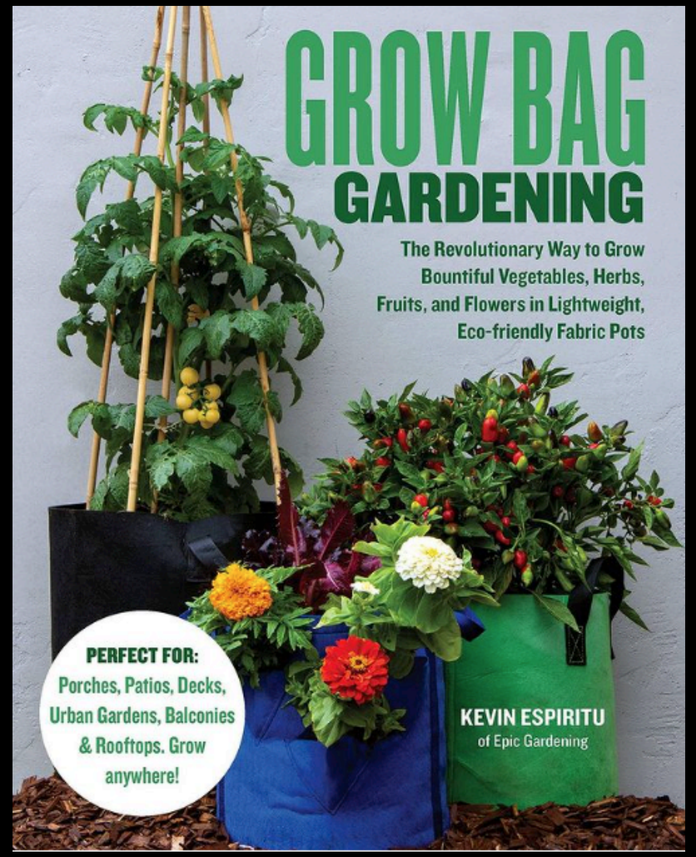
Dandelion

The Flower
- Full of Vitamins A, B, and C

The Greenery
- Stimulate Digestion
- Support Liver Health

The Root
- Is known to help fight cancer

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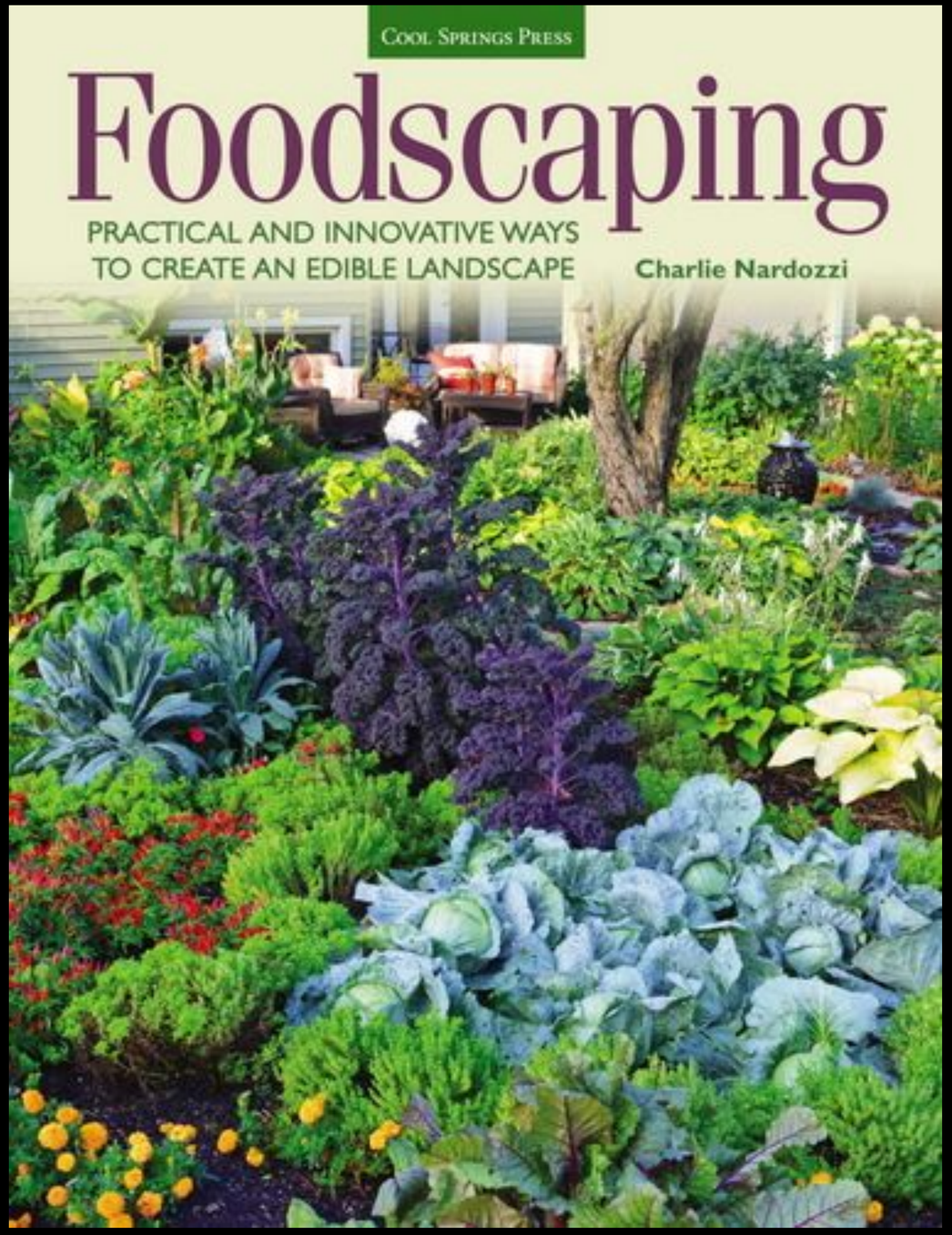
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