6 TYPES OF HERBS FOR YOUR APOTHECARY

FOR YOU TO START TODAY



Known as herbal pharmaceuticals.
These counteract how stress physical and psychological) affects the body.

IMMUNE MODULATING

These help the body's natural response to sicknesses and help bolster immune function



ANTI MICROBIAL



Help the body combat potentially harmful microbes and infections.

ANTI INFLAMMATORY

Helps the effect of inflammation on the body and alleviate symptoms related with inflammation



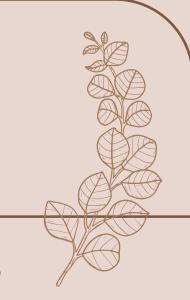
CARMINATIVE



These have volatile oils that have activity in the digestive system. Help digestion issues and symtoms

NUTRITIVE

These are rich in vitamins and minerals and can help with the absorption of nutrients as well



MORE TIPS AT <u>HERBALEMPORIUM</u>