

# 6 TYPES OF HERBS FOR YOUR APOTHECARY

FOR YOU TO START TODAY



## ADAPTOGENIC HERBS

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 symptoms



## NUTRITIVE

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



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