



Cherry  
Cough Syrup



Herbal  
Vitamin C Pills



Elecampane  
Syrup

Ingredients: elecampane  
root, hibiscus, water,  
honey



Herbal  
Throat Spray

Ingredients: Echinacea,  
Urtica, Propolis,  
alcohol, water,  
essential oils

Herbal Medicine, sometimes referred to as Herbalism or Botanical Medicine, is the use of herbs for their therapeutic or medicinal value.

An herb is a plant or plant part valued for its medicinal, aromatic or savory qualities. Herb plants produce and contain a variety of chemical substances that act upon the body.



HERBALISM IS KNOWING TO  
EXPERTLY MATCH HERBS TO A  
PARTICULAR SET OF SYMPTOMS.



# HOW TO TAKE HERBAL REMEDIES?



# TEAS



# TINCTURES



# DECOCTION





Curry

Black Pepper

Paprika

Salt

Cumin

Cardamom pods

Sweet Paprika

Bay leaves

# CAPSULES



Piri Piri flakes

Cinnamon

Cloves

Turmeric

Coriander

Chili powder

Parsley

White Pepper

Garam Masala

Garlic

Piri Piri

Fenugreek seeds

Oregano

Cinnamon sticks

# SYRUPS



5 Flavours  
Cough Syrup

Mountain Rose Herbs  
Certified Organic  
**Elicampane Root**  
(Sambucus racemosa)  
Herbal Supplement  
NET WT 4 OZ (114 g)

Mountain Rose Herbs  
Certified Organic  
**Elder Berries Whole**  
(Sambucus nigra)  
Herbal Supplement  
NET WT 1 LB (454 g)



# ESSENTIAL OILS

COOKING



# Common Herbs and Their Medicinal Properties



# ROSEMARY

- Improve mood and memory
- Help with depression
- Remedy for upset stomach
- Some analgesic properties
- Anti-inflammatory agents

# THYME



- Help improve eyesight
- Good for respiratory disorders
- Keep bones healthy
- Help control blood pressure
- Good for cold, coughs and sore throat
- Excellent anti-bacterial properties



BASIL

- Rich in antioxidants
- Strengthen immune system
- Promote heart health
- Natural anti-inflammatory
- Helpful in combating stress
- Regulate normal liver functions

**PARSLEY**



- Diuretic effect
- Promote bone health
- Antibacterial properties
- Strengthen the immune system
- Good for the heart
- Excellent for kidney health



# SAGE

- Support bone health
- Improve digestion
- Boost cognitive health
- Good anti-inflammatory
- Excellent remedy for cold and flu



FEVERFEW

- Remedy for migraine and headaches
- Beneficial for Arthritis
- Natural antihistamine
- Called the Medieval Aspirin
- Insect repellent

A close-up photograph of a lavender bush in full bloom. The image is filled with numerous purple flower spikes rising from green foliage. A single bee is perched on the top of one of the central spikes. The background is a soft-focus field of more lavender plants under bright, natural light.

# LAVENDER

- Anxiolytic
- Antibacterial properties
- Help with respiratory problems
- Anti-inflammatory properties
- Improve sleep
- Help relieve a panic attack by inhaling the essential oil

A close-up photograph of a dense cluster of fresh oregano leaves. The leaves are small, oval-shaped, and have a vibrant green color with visible veins. They are arranged in a layered, bushy pattern. The lighting is bright, highlighting the texture of the foliage.

OREGANO

- Help with Depression and anxiety
- Cold and flu with chills
- Respiratory track infection
- Digestive disorders
- Candida
- Parasite infections
- Good anti-bacterial & anti-viral

# CHAMOMILE



- Help Improve sleep
- Help Reduce anxiety
- Provide relief from digestive issues
- Help control blood sugar levels
- Anti-inflammatory, anti-allergy & antimicrobial properties
- Help repair the skin



PEPPERMINT

- Reduce nausea
- Help improve bloating & digestion
- Relief from muscle pain
- Good sinus care
- Good anxiolytic



LEMON BALM

- Relief for upset stomach, bloating and vomiting
- Relief for heartburn
- Help with anxiety and stress

Fron

Stalk

Bulb

FENNEL



- Relief for gas and flatulence
- Anti nausea, anti bloating
- Relief for pain of arthritis
- Mild laxative effect

Recipe: Cut the bulb in small pieces and cover with water in a saucepan. Add salt and pepper. Simmer for 30 minutes. Eat the cooked bulb pieces for a gentle cleanse of the stomach and GI Track. Reserve the water, you can drink it warm the follow days.



DILL

- Relief for stomach cramps
- Help with flatulence
- Support immune system
- Antibacterial properties
- Antioxidant effects

# TURMERIC





- Anti-inflammatory properties
- Neutralize free-radicals
- Strong Antioxidant
- Boost immune system
- Help manage chronic pain
- Must be taken with black pepper

# GINGER





- Antioxidant / manage free radicals
- Anti-inflammatory for joint pain
- 400 natural compounds
- Nausea relief
- Morning sickness pregnancy
- Bloating and gas
- Purify the blood



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ORANGE COUNTY



These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Consult with your doctor before taking any herbs and if you are taking medications.

