

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?



















## Common Herbs and Their Medicinal Properties



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



- 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



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



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



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



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



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



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



- 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



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



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



- 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.



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



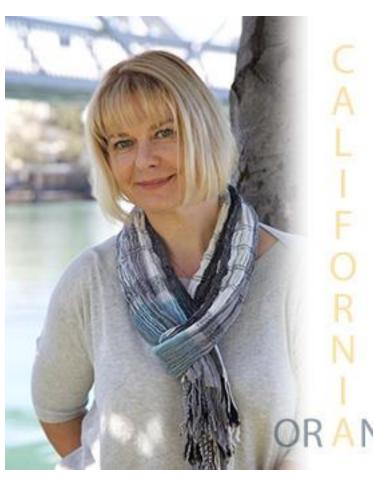


- Anti-inflammatory properties
- Neutralize free-radicals
- Strong Antioxidant
- Boost immune system
- Help manage chronic pain
- Must be taken with black pepper





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



## Florence Lefranc M.S.

Certified Medicinal Herbalist Certified Nutrition Therapist Cosmetic & Supplement Formulator

Online & In Office Consultation at

LymphBright Wellness Center 23272 Mill Creek Dr. Ste 330 Laguna Hills CA 92653

(949)350-5967 florence@florencelefranc.com

www.terrazure.com

www.amazon.com/terrazure coming 03/30/24

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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.

