



# Cinnamon

**Parts Used**

Bark

**This Herb Can Help**

Warm you right up if you are cold!



# Anise

**Parts Used**

Seeds

**This Herb Can Help**

Give relief for coughs and stomachaches!



# Chamomile

## Parts Used

Flower Blossoms

## This Herb Can Help

Calm an upset and nervous tummy.



# Elder

## Parts Used

Flowers + Berries

## This Herb Can Help

Help you feel better when you have cold or flu.



# Mints

**Parts Used**

Leaves

**This Herb Can Help**

Help relieve tummy aches with lots of gas.



# Lemon Balm

## Parts Used

Leaves

## This Herb Can Help

Help you when you are so tired that you can't calm down.