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.