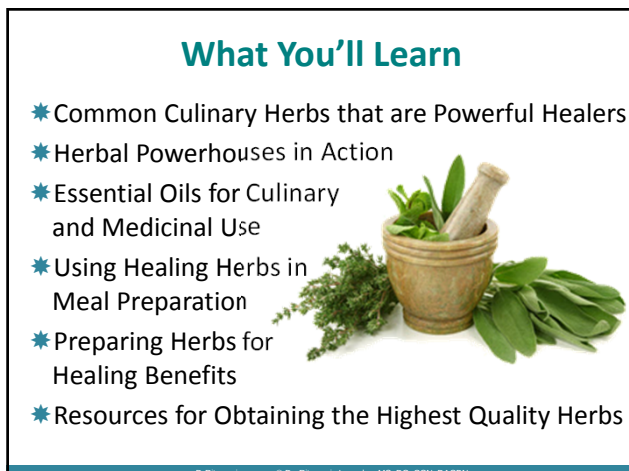
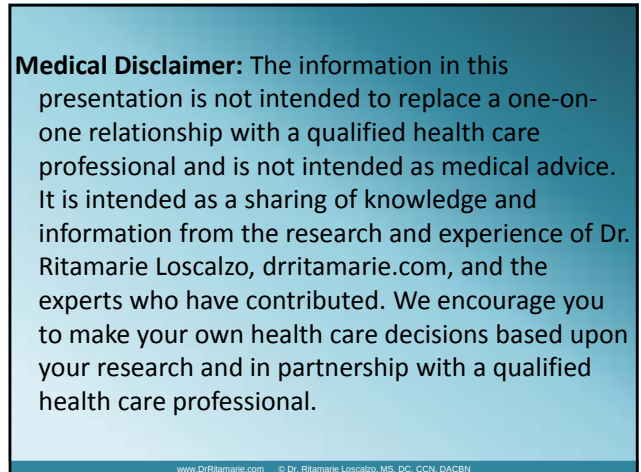




Herbal Powerhouses in Action

- ★ Immune Modulators
- ★ Anti-Microbial
- ★ Anti-Inflammatory
- ★ Anti-Spasmodic
- ★ Diuretic
- ★ Carminative
- ★ Healing
- ★ Nutritive



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Essential Oils for Culinary and Medicinal Use

- ★ Oregano
- ★ Thyme
- ★ Lemon
- ★ Lime
- ★ Peppermint
- ★ Fennel
- ★ Anise



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Using Healing Herbs in Meal Preparation

- ★ Smoothies
- ★ Sauces
- ★ Soups
- ★ Salad dressings
- ★ Nut Milks
- ★ Salad
- ★ Stews



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Resources for Obtaining the Highest Quality Herbs

- ★ Grow Your Own
- ★ Farmer's Market
- ★ Mountain Rose Herbs
- ★ Frontier Herbs



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Foods That Enhance Immune Function

- * Organic, whole, fresh, unprocessed, nutrient dense
- * Fruits
- * Vegetables
- * Greens from land and sea
- * Algae
- * Mushrooms
- * Garlic
- * Bell peppers
- * Ginger
- * Turmeric



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Preparing Herbs for Healing Benefits

- * Tea
- * Tincture
- * Capsules
- * Powder
- * Extracts
- * Elixirs
- * Steams
- * Topical



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Healing Foods

- * Lemon
- * Chia Seeds
- * Flax Seeds
- * Sea Vegetables
- * Sauerkraut
- * Coconut kefir
- * Burdock
- * Greens
- * Mushrooms
- * Algae



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Herbal Resources

- * <http://bearmedicineherbals.com/onions.html>
- * <http://www.herbmentor.com/public/>
- * <http://abc.herbalgram.org/>
- * <http://naimh.com/>
- * <http://www.americanherbalistsguild.com/>
- * <http://medherb.com/>
- * <http://www.herbalist-alchemist.com/er-ersl.html>
- * <http://www.sagemountain.com/herbal-home-study-course.html>
- * <http://www.susunweed.com/>
- * <http://www.herbalist-alchemist.com/er-lis.html>

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