

USE HERBAL REMEDIES

I'm sick. Like, I feel really unwell right now. My mom says that sometimes there are lots of natural things to take and these work with my body to help me feel better.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Let's play a game! Find an Herbal (a book about herbs) written by a reputable herbalist--my favorites are Rachel Weaver and Aviva Romm. On the opposite page is a list of herbs and ailments. Do some research and match up the right herb with the ailment that it is traditionally thought to help. Check your answers when you're done.

Also, note that some of these herbs are used for more than one need, so take note of what can be used and when.

That makes sense when I think about it. My body uses nutrients to be strong and healthy. So as a poison works against my body and hurts it; so nutritious herbal remedies give me what my body naturally needs.

Did you know that some common items you can likely find in your front yard, such as nettle and dandelion, contain great nutritive benefits? (Although these are likely sprayed so it's best not to consume them.) I bet you've already experienced how eucalyptus can help comfort a stuffy nose.

It's also important to be careful. Some herbs can cause harm, so be careful to do your research on natural remedies that are good for you, as well as those that are best avoided.

Also be sure to check with your provider if you feel you are unwell—this lesson is a springboard for you to learn more about using herbs and not a substitute for medical advice.



Herb

Ailment

Achy muscles	Ginger
Queasy Tummy	Plantain
Promotes relaxation	Chamomile
Itchy bug bites	Arnica
Supports Immune System	Tea Tree Oil
Scratchy/sore throat	Astragalus
Cuts and Scrapes	Slippery Elm

Note: These Herbs and applications are mismatched, see your Nugget winning task to discover your challenge.