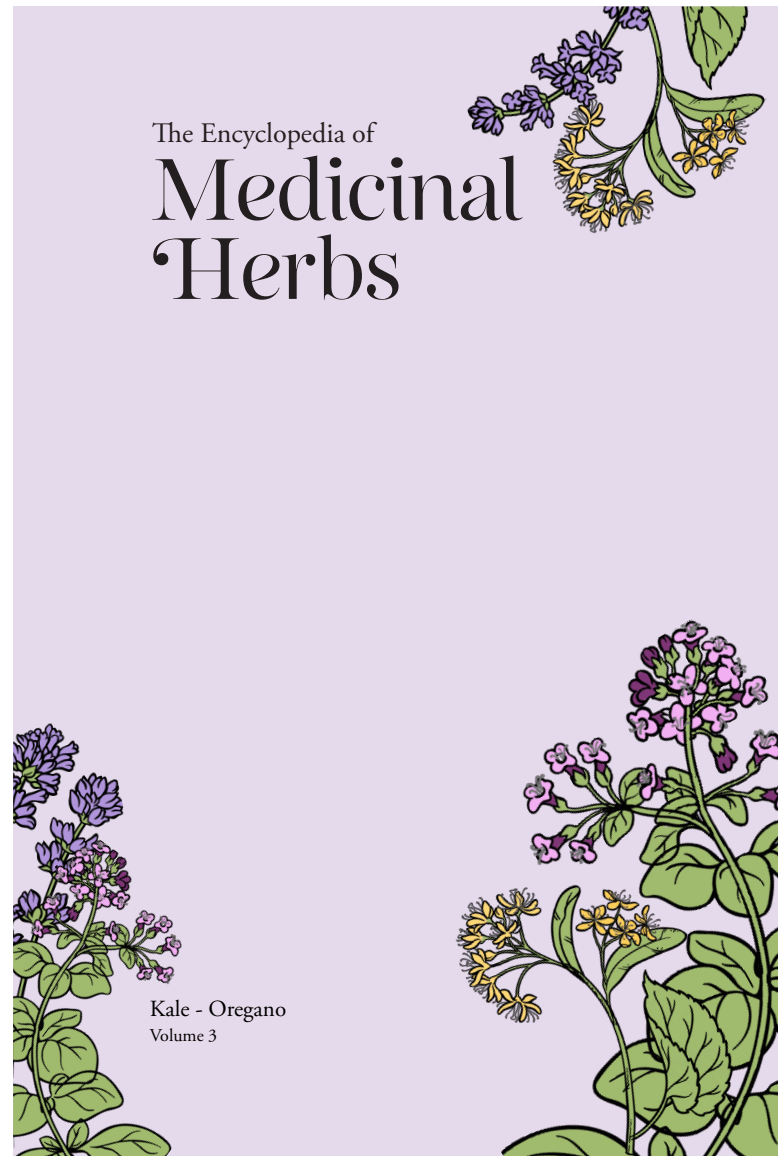


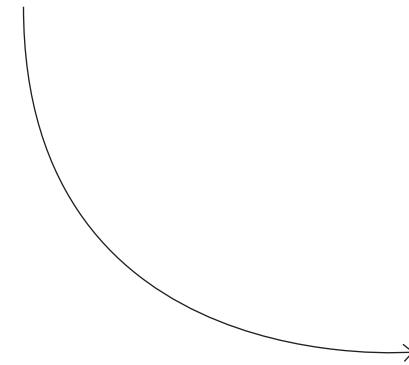
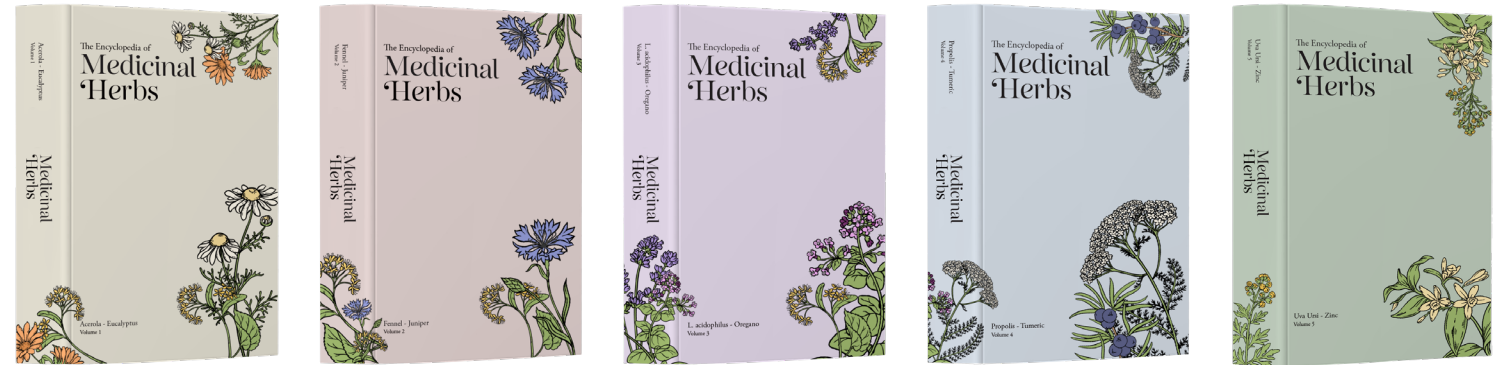
Note: Book set is hard cover and is divided up between 5 books in alphabetical order.

4"

9"



Note: Images and colors on cover change for each volume.

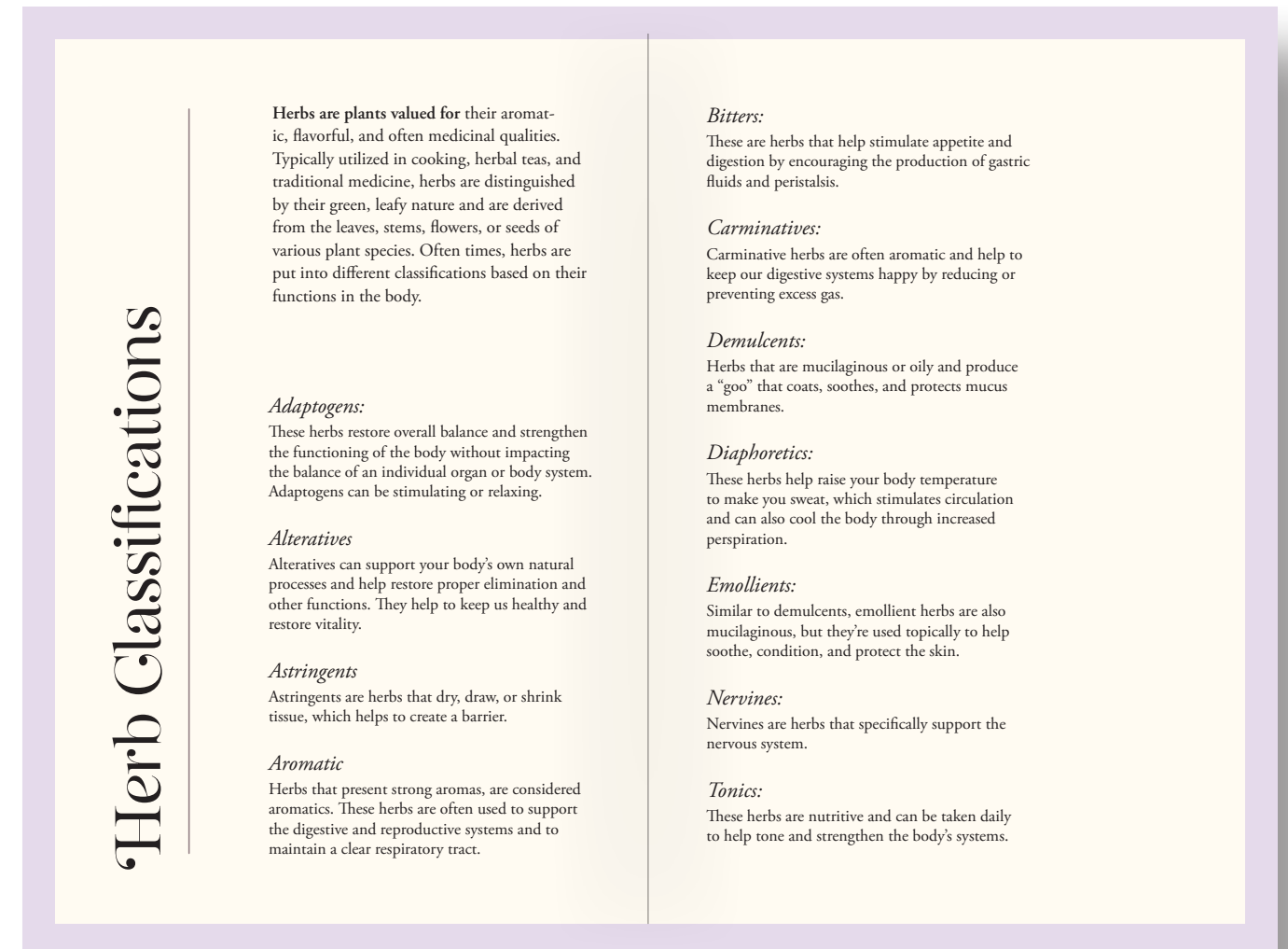
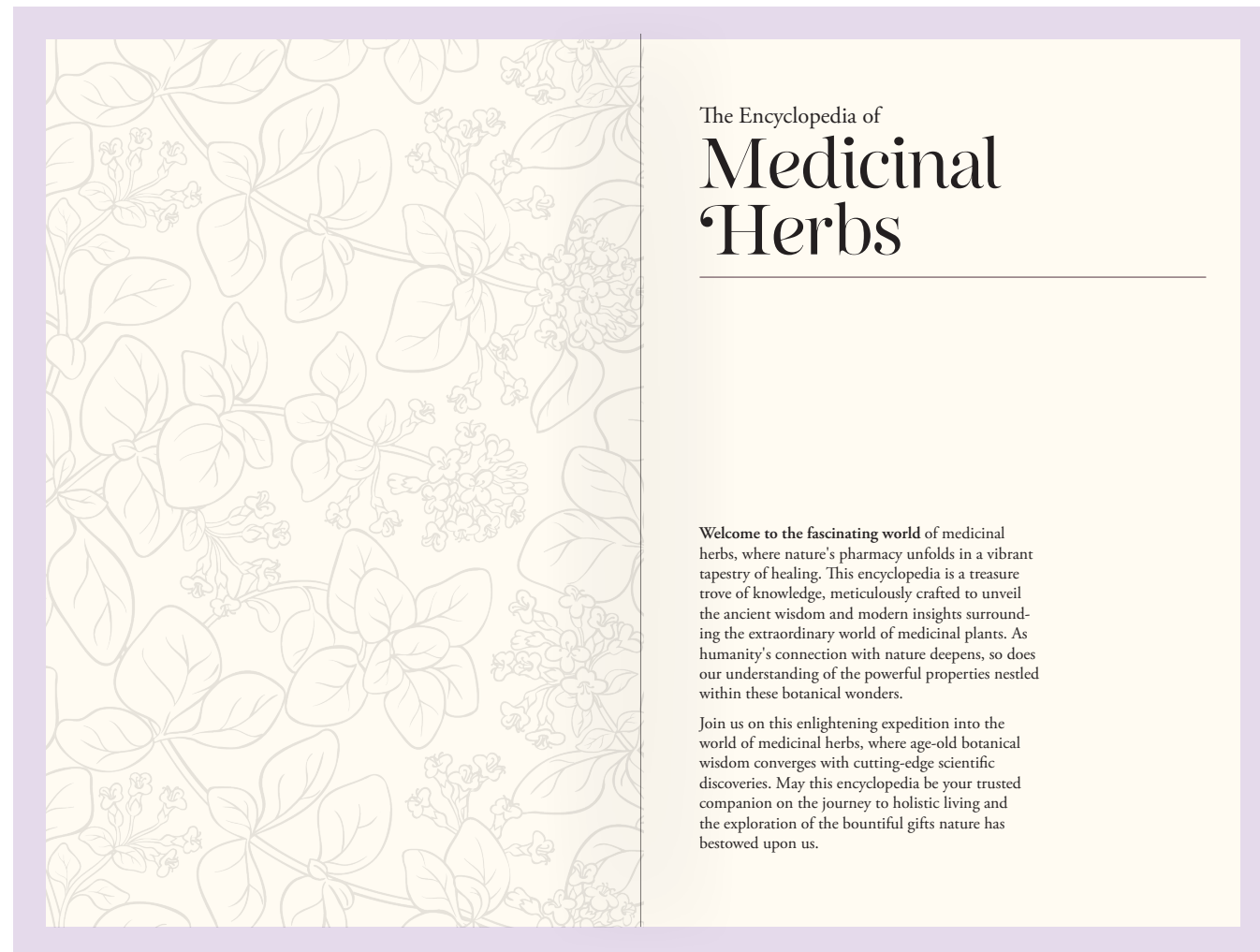


Note: When books are lined up together, the spines create an image.

Inside end pages with Oregano Herb pattern

Introduction page

Herb Classifications



Note: The inside end pages will differ per volume and will have an herb pattern based on a herb from that volume.

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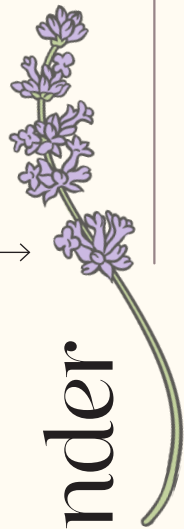
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Categories that this specific herb fits in with

Nervine • Adaptogen • Carminative
Aromatic • Astringent • Diuretic

Image of Herb



Name of Herb

Lavender

Lav-en-der — A Mediterranean mint widely cultivated for its narrow aromatic leaves and spikes of lilac-purple flowers which are dried and used in sachets and from which is extracted an aromatic oil used chiefly in perfumery.

Medical Uses

- Insomnia
- Headaches
- Hair Loss
- Anxiety
- Wound Healing
- Kills Bacteria
- Burns

Available Forms

- Infused oils
- Supplements
- Soap
- Lotion
- Sugar Scrubs
- Essential Oils
- Tea

Dosing

Internal use: Speak with a knowledgeable provider to find the right dose for you.

Inhalation: 2 to 4 drops in 2 to 3 cups of boiling water. Inhale vapors for headache, depression, or insomnia. If you have asthma, talk to your doctor before using essential oil inhalations to see if they are right for you. There are some people who find essential oil used in inhalation form irritating to lungs and/or eyes.

Topical external application: For ease of application, add 1 to 2 drops per tbsp. of base oil (such as almond or olive oil). Lavender oil is toxic if taken orally. Only use the oil externally or by inhalation. Also, avoid contact with eyes, lips, and nostril.

Side Effects and Precautions

Some people may develop an allergic reaction to lavender. Nausea, vomiting, headache, and chills have been reported in some people after inhaling or absorbing lavender through the skin.

Oral use of Lavender may cause constipation, headache, and increased appetite. Lavender oil is toxic if taken orally.

Women who are pregnant and breastfeeding should avoid using lavender.

History

In the past few years, lavender has become quite the plant for gardens, herbalists, and craftspersons. Lavender is indigenous to the mountainous areas of the countries bordering the western European part of the Mediterranean region. When early travelers brought it back, the plant spread fairly rapidly to other parts of the world, and by the sixteenth-century lavender was already a much-loved plant in English gardens. The first lavender plants found in America made their way here sometime after the first European settlers.

Records show lavender has been used for over 2,500 years. The early uses of lavender were at least as numerous as today's, but they tended to be more of a medicinal nature. Biblical references to lavender are found in the gospel of Luke by the name used at that time, spikenard. Lavender was also used in ancient Egypt for mummification, and the Romans scented their public bathhouses with it. The name lavender is derived from the Latin verb lavare —to wash.

Wide Margin for thumb space and for note taking

Image of Herb



Footer System

Typical Entry Example 1

Wide Margin for thumb space and for note taking

How to Grow Lavender

Select a Suitable Location: Lavender thrives in well-drained soil and full sunlight.

Soil Preparation, Planting, and Watering: Lavender prefers slightly alkaline to neutral soil with a pH between 6.5 and 7.5. Plant lavender in the spring or fall when the soil is workable. Space plants about 12 to 18 inches apart to allow for proper air circulation. Water newly planted lavender regularly to establish roots.

Mulching, Pruning, Fertilizing: Use gravel or crushed stone for mulch to mimic the natural habitat of lavender. Prune lavender in the spring to encourage bushier growth. Trim back about one-third of the plant, cutting just above a set of leaves. Lavender doesn't require heavy fertilization. A low-nitrogen fertilizer can be applied in the spring.

Protecting in Winter: In regions with harsh winters, lavender may benefit from some winter protection. Mulch around the base of the plant to insulate the roots.

Pest and Disease Management: Lavender is generally resistant to pests and diseases. Ensure good air circulation to prevent issues like powdery mildew.

Harvesting and Container Gardening: If you have limited space or poor soil, consider growing lavender in containers with well-draining potting mix.

Image of Herb

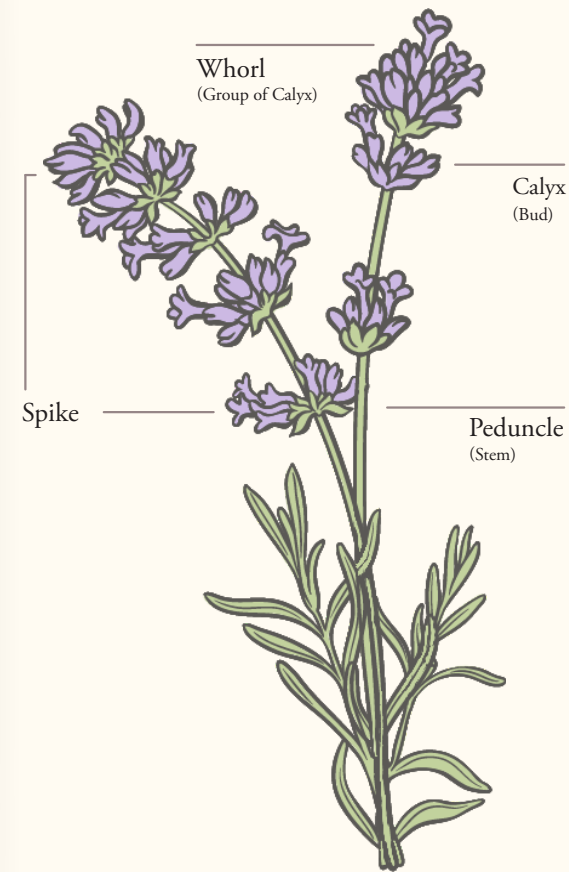
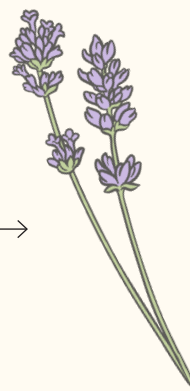
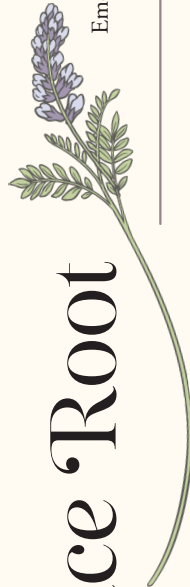


Diagram of Herb

Categories that this specific herb fits in with

Expectorant • Carminative
Emollient • Tonic • Diaphoretic



Licorice Root

Name of Herb

Lic-o-ri-ce — the dried root of a European leguminous plant (*Glycyrrhiza glabra*) with pinnate leaves and spikes of blue flowers. An extract of this used especially in medicine, liquors, and confectionery. It is also a candy flavored with licorice or a substitute.

Medical Uses

- Peptic Ulcers
- Canker Sores
- Eczema
- Dyspepsia
- Weight Loss
- Menopause
- Upper Respiratory Infections

Available Forms

- Teas
- Tablets
- Capsules
- Liquid extracts

Dosing

Pediatric: Older children can chew a piece of licorice root or drink licorice tea. Ask your doctor to help you determine the right dose for your child. Do not give a child licorice tea for more than a day without talking to your doctor. Never give licorice tea to infant or toddler.

Adult: Your health care provider should determine the dose of licorice that's right for you.

Do not use licorice for longer than a week without talking to your doctor due to the risk of potentially dangerous side effects.

Side Effects and Precautions

Licorice may interfere with several medications. If you are taking any medication, ask your doctor before taking licorice. If you are taking angiotensin converting enzyme (ACE) inhibitors or diuretics for high blood pressure, you should not use licorice products.

Pregnant or breastfeeding women should not consume licorice.

Do not use any licorice product for longer than 4 - 6 weeks.

People with the following conditions should not take licorice:

- Heart failure
- Heart disease
- Fluid retention
- High blood pressure
- Diabetes
- Kidney disease
- Liver disease
- Low potassium
- Erectile dysfunction
- Hormone-sensitive cancers, such as breast, ovarian, uterine, or prostate cancer

History

Licorice, (*Glycyrrhiza glabra*), perennial herb of the pea family (Fabaceae), and the flavoring, confection, and folk medicine made from its roots. Native to southern Europe, licorice is mainly cultivated around the Mediterranean and in parts of the United States. An effective mask for the taste of medicines, licorice is an ingredient in cough lozenges, syrups, and elixirs. It is a flavoring agent in candies and tobacco.



Image of Herb

Wide Margin for thumb space and for note taking

Footer System

Typical Entry Example 2

Wide Margin for thumb space and for note taking

How to Grow Licorice Root

Climate, Soil Preparation and Propagation: Licorice prefers a sunny location with well-drained soil. It thrives in temperate climates with mild winters and warm summers. Ensure the soil is loose, well-draining, and slightly acidic to neutral (pH 6.0-7.0). Amend the soil with organic matter like compost to improve fertility. Licorice is typically grown from root cuttings or crown divisions. Plant root cuttings in the spring, about 2 to 4 inches deep and 12 to 24 inches apart.

Watering, Maintenance, and Harvesting: Licorice prefers consistently moist soil. Water regularly, especially during dry periods, but avoid waterlogged conditions. Mulch around the plants to retain moisture and suppress weeds. Remove any weeds that may compete with the licorice plants. Licorice roots are usually ready for harvest after three to four years. In the fall or spring, carefully dig up the roots, being mindful not to damage them.

Drying and Storage: Clean the roots and allow them to dry in a shaded, well-ventilated area. Once dried, store the roots in a cool, dark place.

Pest and Disease Management: Keep an eye out for pests like aphids and diseases like root rot. Practice good garden hygiene to prevent the build-up of pests and diseases.

Caution with Invasiveness: Licorice plants can be invasive due to their spreading root system. Consider planting them in containers or using barriers to control their spread.



Image of Herb

50

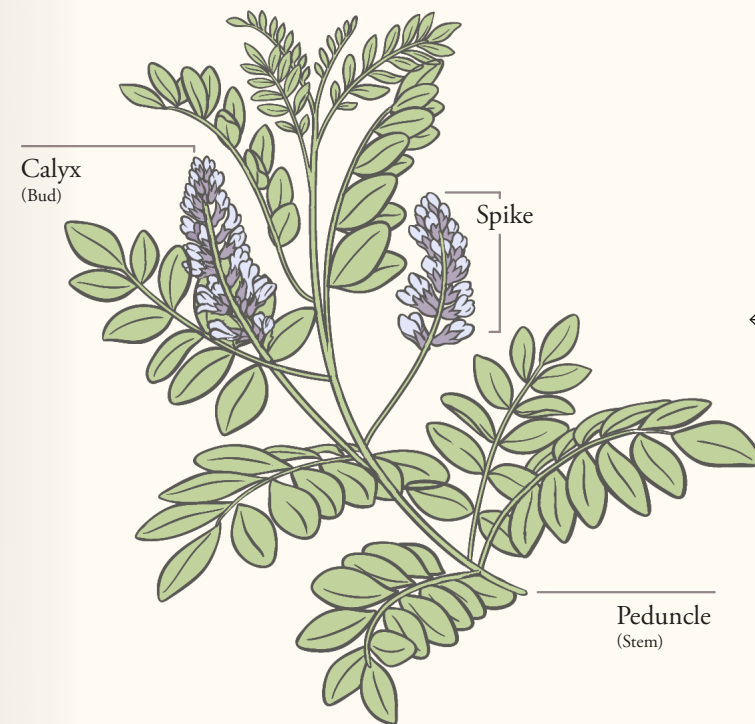


Diagram of Herb