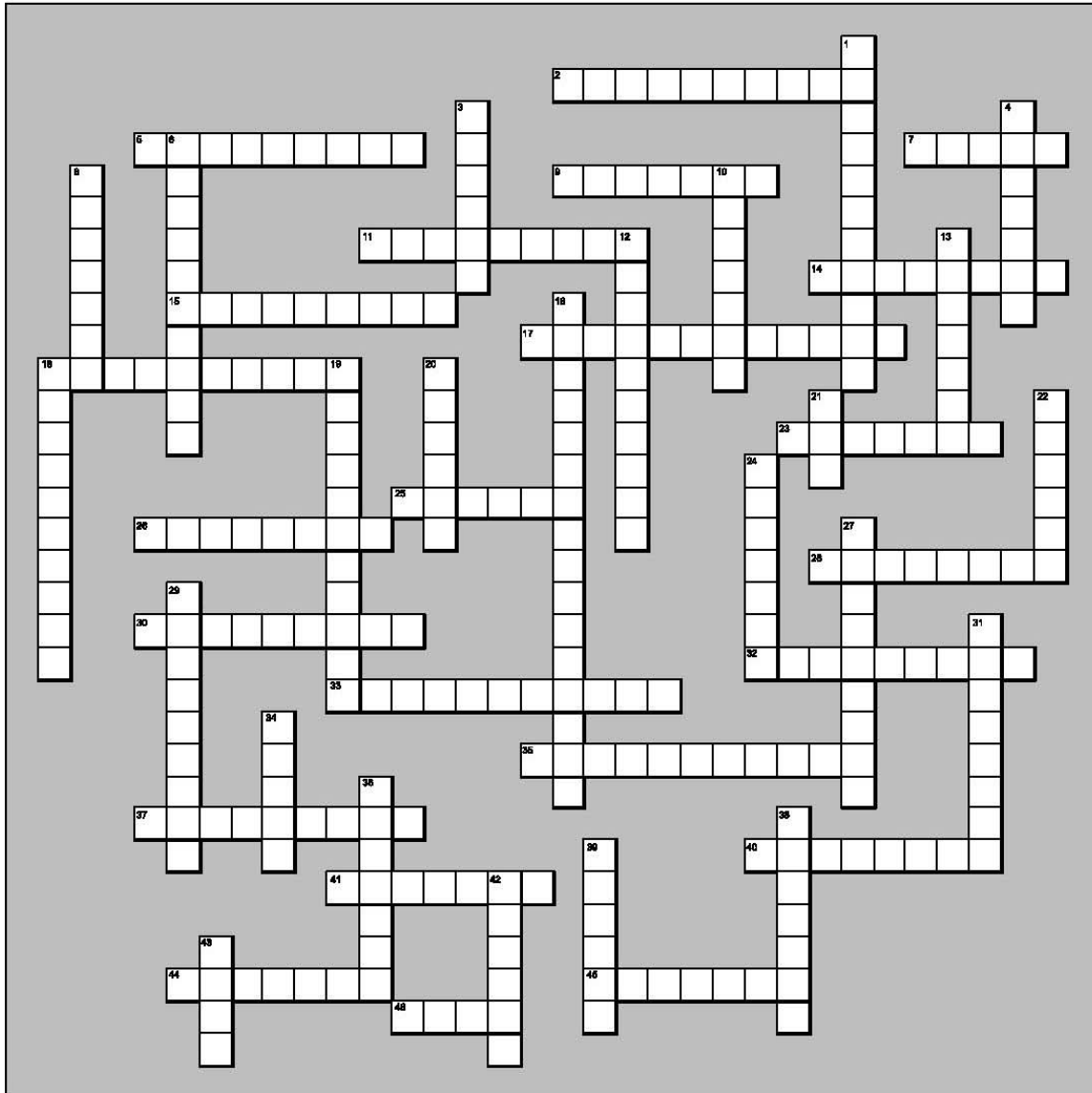


## What's That Herb For?



### Across

2. glass or plastic plant nursery
5. place of safety
7. sleeping brain activity
9. sedating, relaxing, calming
11. winter metabolic slow-down
14. disperses essential oil molecules into the air
15. coneflower, immune support
17. self-sufficient lifestyle
18. deep immune system tonic
23. spices up foods and stimulates circulation
25. relieves nausea and motion sickness. Warming, helps in cold/flu.
28. useful for migraines
28. double action, double wood. Relaxes body while increasing the ability to concentrate.

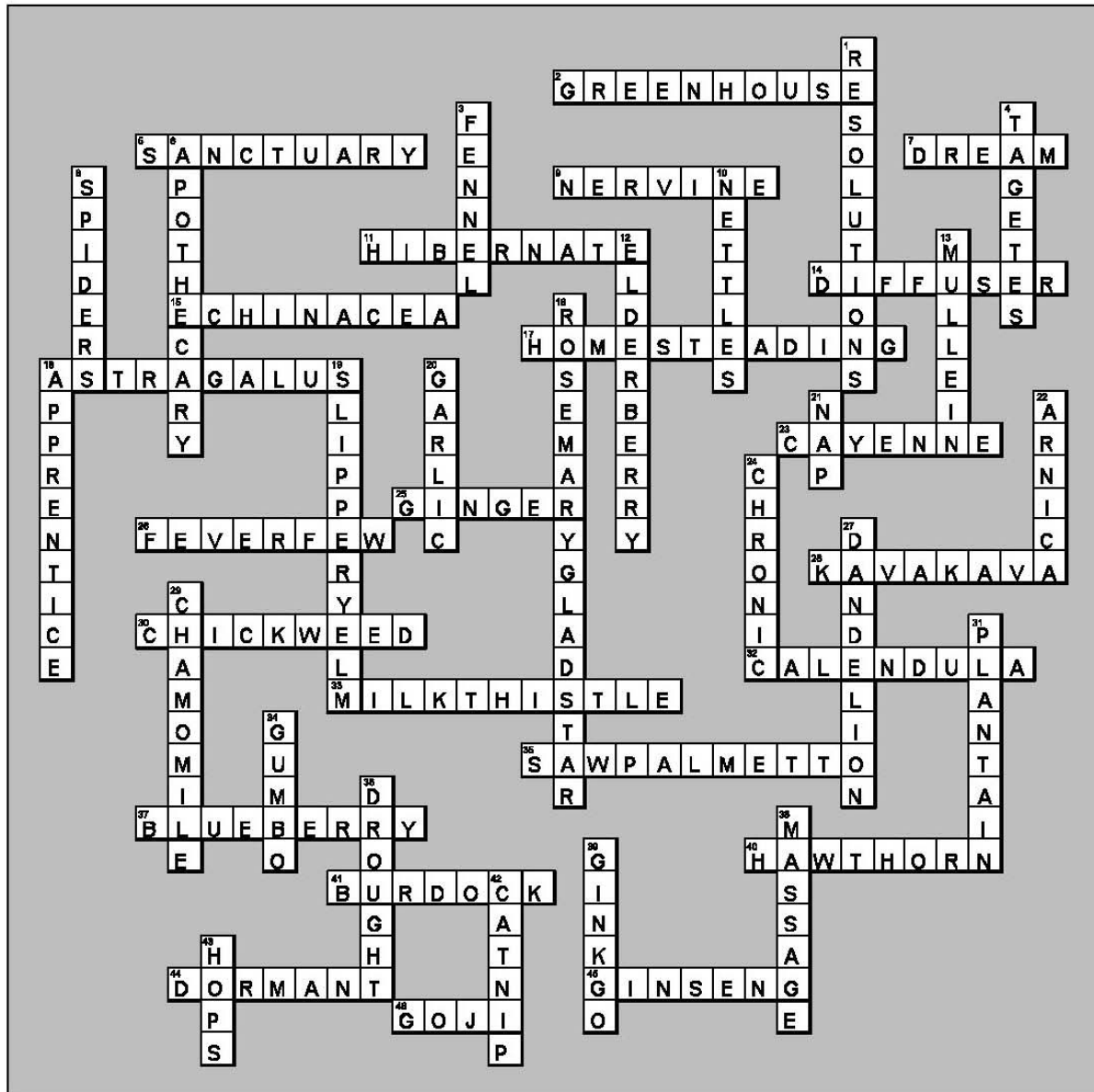
30. dainty green to eat or use in salves. Diuretic, may assist in weight loss.
32. 2008 herb of the year
33. liver herb
35. useful in simple prostate enlargement
37. leaf of this fruit may lower elevated blood sugar
40. heart herb
41. root is valuable for clearing skin conditions, and is a valued edible
44. resting phase for plants
45. said to increase strength, endurance, and resistance to stress and infection
48. wolfberry

### Down

1. decisions to change
3. seeds eliminate flatulence
4. marigold - NOT pot marigold
6. herbalist's workroom
8. arachnids
10. spring green that can take the sting out of allergies
12. taken in early stage of flue, stops the virus from replication
13. found in eardrops, useful in coughs and lung issues
16. herbalist resident of Sage Mountain
18. to study a craft or trade with a master
19. nourishing demulcent inner bark of tree
20. well known anti-viral allium
21. midday snooze
22. used in liniments and salves for sore muscles, sprains, and bruises

24. ongoing
27. well known diuretic, first flower many children pick.
29. tiny white flower makes an apple-scented tea
31. ribwort, good on rashes and stings
34. Cajun soup/stew thickened with okra and saffras leaves
36. long term lack of rain
38. knead muscles
39. increases capillary circulation, helpful for memory, vision, tinnitus, vertigo
42. not just for kitty, eases muscle tension
43. beer herb, sleep inducing

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