**HERBAL REMEDIES**

**Chamomile**

Chamomile has been found to relieve symptoms of anxiety, migraines, and gastric cramps.

**Peppermint**

This herb has been used for centuries to treat nervousness, insomnia, dizziness, and coughs.

**Rosemary**

As an ointment, rosemary can be applied to soothe rheumatism, wounds, bruises, and eczema.

**Echinacea**

This herb has been widely used to stimulate the immune system. People will often ask for this when they feel a cold or flu coming on.

**Evening Primrose Oil**

This supplement can help lower blood pressure, lower blood cholesterol, and help in weight reduction.