# 10 Plants You SHOULD Plant for Cold/Flu Season

Lemon Balm (Melissa officinalis) Calming, Anti-viral, Improve Sleep Elderberry (Sambucus sp.)

Reduce Cold Severity, Boost Immune System \*Must be thoroughly cooked before consuming!

\*Great in Tinctures and Syrups

Peppermint (Mentha × piperita) Relieve Congestion, Soothe Sore Throats, and Help Alleviate Headaches \*Great in Tea and Salves Thyme (Thymus vulgaris) Anti-bacterial, Soothe Sore Throats, Reduce Cough \*Great in Tea, Salves, Tinctures or Essential Oil

## Chamomile

(Matricaria recutita), (Chamaemelum nobile)

Promotes Sleep, Relaxation, Soothe Upset Stomach \*Great in Tea, Salves,

Essential Oil

### **Sage** (Salvia officinalis)

#### Soothe Sore Throats and Improve Digestion

\*Great in Tea, Salves, Essential Oil

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Yarrow (Achillea millefolium) **Reduce Fever, Relieve** Allergy Symptoms \*Great in Tea, Salves, Tinctures, Essential Oil

# Vicks Plant (Plectranthus Tomentosa) Remedy for Colds, Flu and Other Respiratory Conditions.

\*Great in Salves and as an Essential Oil

### **Ginger** (Zingiber officinale)

Soothe Nausea, Antioxidants, and Antiinflammatory.

\*Great in Tea, Salves, Juice and as an Essential Oil Lavender (Lavandula Sp.) Promotes Sleep, Relaxation, Eases Sinus and Chest Congestion, Relieve Headaches.

> \*Great in Tea, Salves and as an Essential Oil

## **Other Plants:**

- Calamint
- Germander
- Bee Balm
- Mint
- Echinacea
- Rosemary

\*Please consult with your doctor about interactions with medication. Or if you are pregnant or breastfeeding!