As we discussed last month, there are simple ways to incorporate herbs into our daily lives. As an example, when we think about Chamomile flowers, we often think about using them to help relax and calm a child so that he or she is able to go to sleep (the Peter Rabbit stories). But, did you know that Chamomile is also a great digestive aide, is rich in absorbable calcium/magnesium and other bone building minerals, is anti-inflammatory, anti-fungal (both internally and externally for fungus and inflammation), helps boost mental alertness and helps rejuvenate hair and skin texture? Chamomile is also used in formulas for insomnia, stress and menstrual pain. It can help relieve gas and indigestion, ulcers or poor enzyme activity. Other benefits this herb can boast: Chamomile speeds healing internally and externally, can be used as a mouthwash for thrush or eyewash for conjunctivitis or inflamed eyes, a gargle for sore throat or a steam for nasal congestion.

Chamomile is a great herb to take when traveling. You can get un-filled tea bags in assorted sizes at the health food shops and fill them with loose Chamomile flowers. These are easy to make and ready the moment you need them. Make a tea for indigestion, motion sickness, colds, flu, fungal infections, hectic travel stress, menstrual pain etc. You can gargle with the tea for a sore throat or rinse your tired or dry eyes. Pop a few teabags in your bathtub for sunburn, windburn, mosquito or other insect bites on skin, anytime your skin is irritated.

As you can see, one herb can serve many purposes. You do not have to know hundreds of herbs to be able to care for yourself and your family naturally.

Kathleen is a local Registered Herbalist (RH) and a professional member of the American Herbalist Guild. She now works with Herbologi. Visit www.herbologi.com for more information or call 877-227-0254.