List Of 150 Herbs, Together With Their Uses & Benefits

Categories: General, Health/Fitness, Self-Sufficiency

You're either a person who embraces the use of plants and herbs, or you a person who would rather purchase the chemical/pharmaceutical alternative. Either way there is no disputing that certain herbs have very clear and proven medicinal uses and other wide ranging properties.

For example, St John's Wort is a herb/plant, but it is also one of the most common prescription antidepressants in many countries, with trials showing it can be as effective as low dose pharmaceutical alternatives, for treating mild to moderate depression. Cacao has many medicinal benefits, with its most popular benefit being that it can dramatically lower high blood pressure when consumed daily, which is an excellent reason to have a daily cup of high cacao chocolate (at least 80% cocoa)... There are 150+ herbs listed below, have a look and find out about the uses of benefits of each.

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(Photo from: Herbs Info)