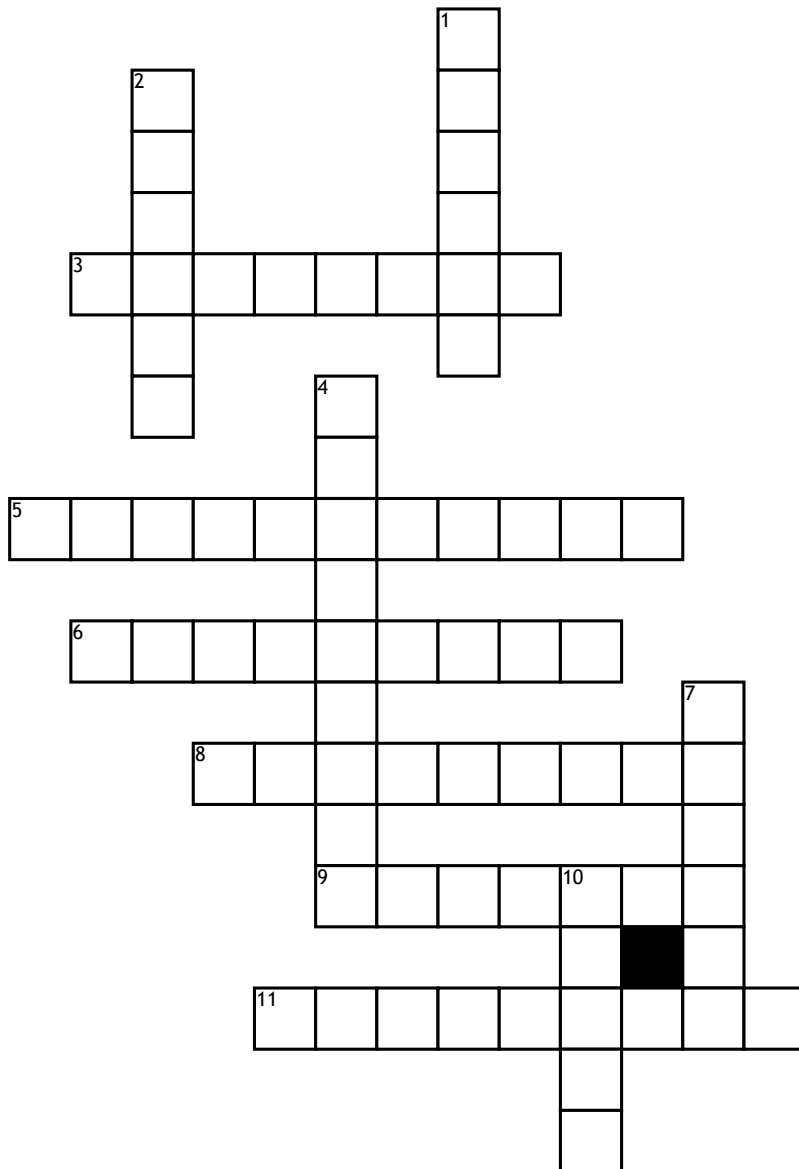


Herbs for Children



Across

3. One of the most common plants in the world makes an excellent poultice for wounds
5. This demulcent can help with dry coughs
6. Supports immune system, possesses anti-viral, anti-biotic, and anti-inflammatory properties
8. These lil “pineapples” help soothe irritated and restless lil ones, often putting them right to sleep, their bitter flavor helps to aid digestion
9. Oil made with these flowers can treat ear infections
11. Makes a wonderful oil that can be used to heal cuts & wounds, excellent at healing mucous membranes

Down

1. Relieves pain, prevents spasms, and calms the nerves. Calming effect acts as a pain killer
2. This culinary staple is an amazing anti-biotic & excellent as an ear oil
4. Tasty anti-viral helpful for fever, fussiness & treatment of cold and flu symptoms
7. Helps promote milk production. Aides in digestion and elimination of gas
10. The flower aids in fevers & the berry makes a wonderful cold and flu remedy/preventative