

Wild Plants

FOR RESPIRATORY RELIEF

Mountain Mint



- Tea helps with coughs, colds, and fevers
- Oils used in showers can alleviate sinus congestion

Cleavers



- Helpful in relieving congestion when eaten raw or made into a drink
- Also supports liver health

Broad Leaf Plantain



- Supports overall lung health and is anti-inflammatory
- Helps wounds when used topically

Chickweed



- High in Vitamins
- Helps Respiratory Ailments
- Helps with bowel problems

New England Aster



- Tea from made from flowers/leaves/roots support respiratory health
- Helps reduce fevers and body pain

Echinacea



- Tea from made from flowers/leaves/roots support respiratory health
- Helps reduce cough and sore throat