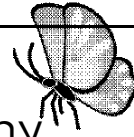


## Herbs In Demand and Why



- **St. John's Wort** (*Hypericum perforatum*)  
Antidepressant
- **Valerian** (*Valeriana officinalis*)  
Anti-spasmodic and sleep aid
- **Dang qui** (*Angelica sinensis*)  
Boils, ulcers, rheumatism, anemia, menstrual irregularity
- **Purple coneflower** (*Echinacea angustifolia*; *E. purpurea*)  
Immune system stimulant
- **Dandelion** (*Taraxacum officinalis*)  
Liver, gall bladder, kidney ailments
- **Tansy** (*Tanacetum parthenium*)  
Digestive tonic
- **Lemon balm** (*Melissa officinalis*)  
Sedative and cold sore treatment
- **Stinging nettle** (*Urtica dioica*)  
Rheumatism, gout, prostate problems, and other ailments
- **Hops** (*Humulus lupulus*)  
Sedative, antispasmodic, digestive stimulant, sleep problems

