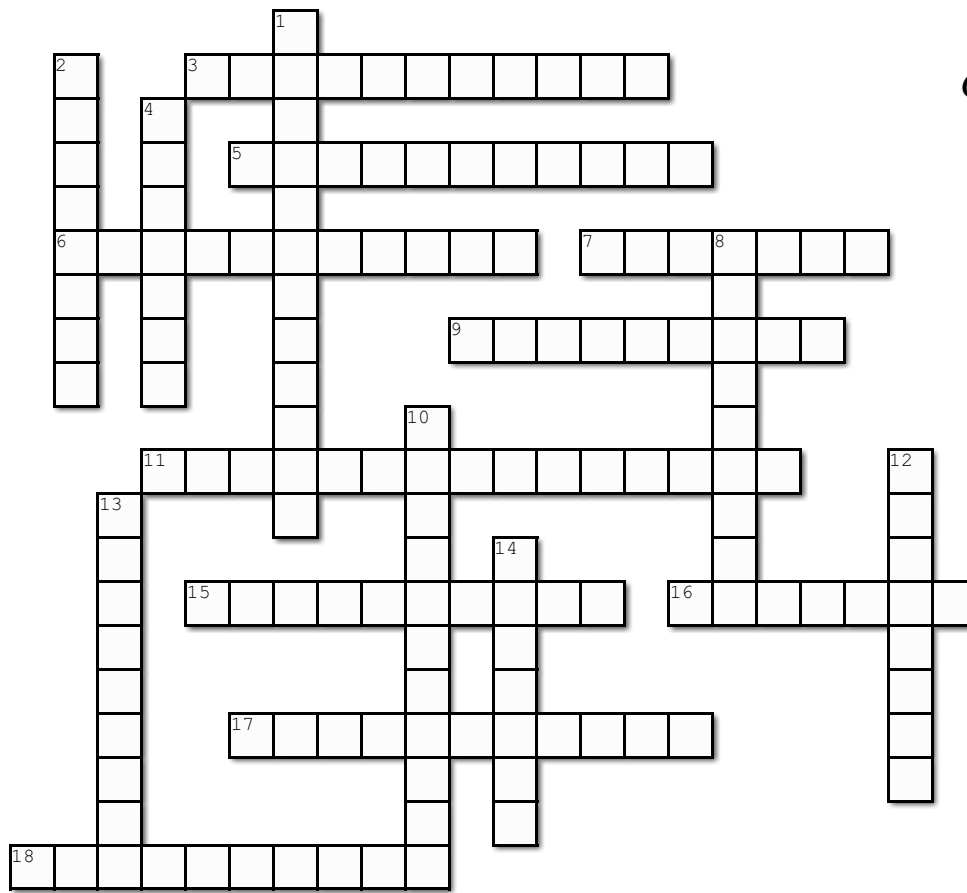


# GARDEN PARTY

## *Herbal Actions Crossword Puzzle*



### **Across**

- 3.** Herbs which promote sweating
- 5.** Herbs which relieve digestive cramps, gas and bloating
- 6.** Herbs used to expel phlegm
- 7.** Herbs which support liver function
- 9.** Herbs which help wounds to heal swiftly
- 11.** Herbs which balance and support immune function
- 15.** Herbs which tighten and tone tissue and decrease its permeability
- 16.** Herbs which relieve pain
- 17.** Herbs which inspire desire of the amorous sort
- 18.** Herbs which support the body's ability to absorb nutrients and eliminate waste

### **Down**

- 1.** Herbs which increases milk supply in nursing mothers
- 2.** Herbs which increase volume and frequency of urination
- 4.** Herbs used to stop bleeding when applied externally
- 8.** Herbs which increase the body's ability to tolerate stress
- 10.** Herbs which encourage delayed menstruation
- 12.** Herbs used to induce sleep
- 13.** Herbs which contain soothing mucilage and moisten parched tissues
- 14.** Herbs which calm the nervous system