



# Herb Journal

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Common name:

Latin name:

Plant family:

Native to:

Parts used:

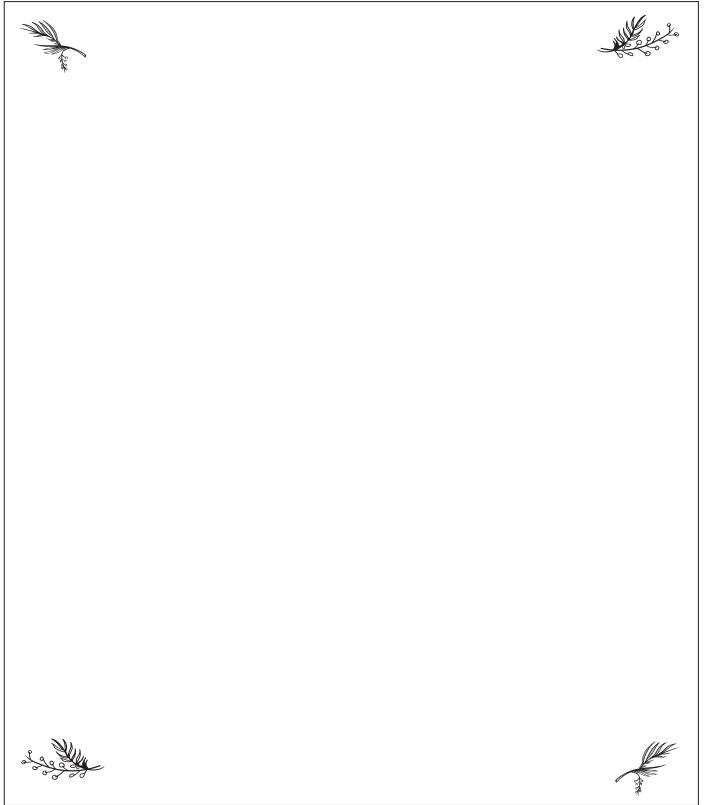
Description/Actions:

Medical use:

Dosage:

Contraindications:

Folklore:





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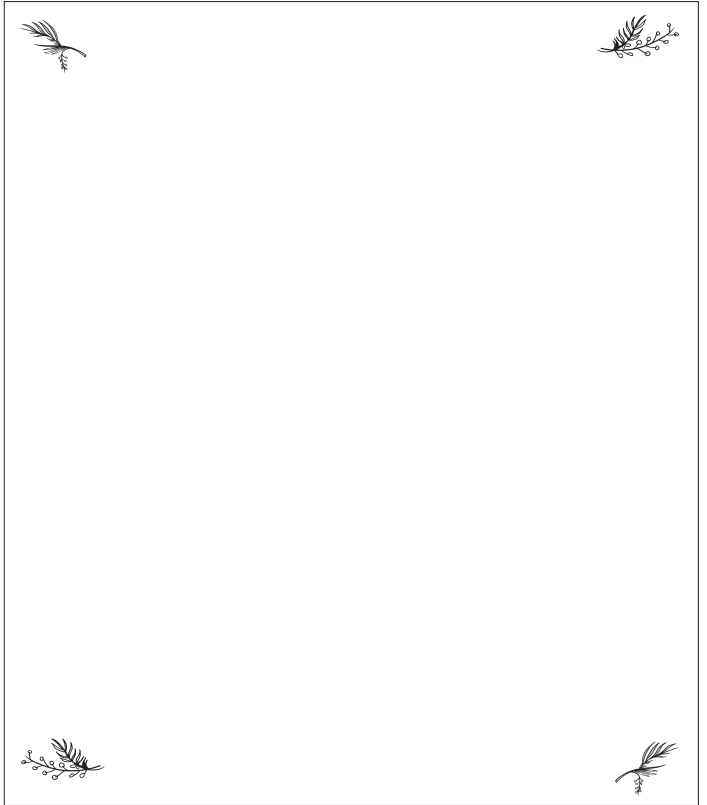
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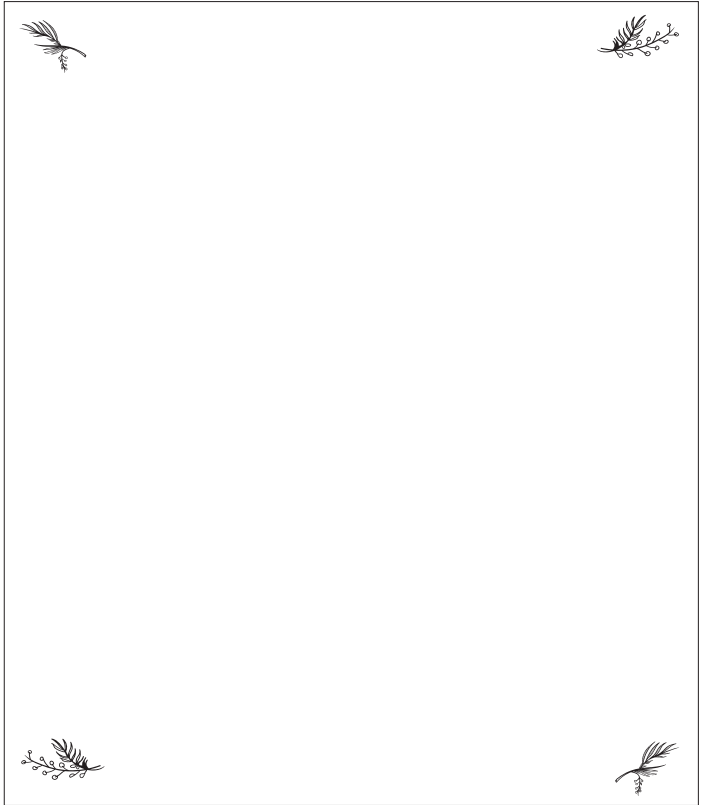
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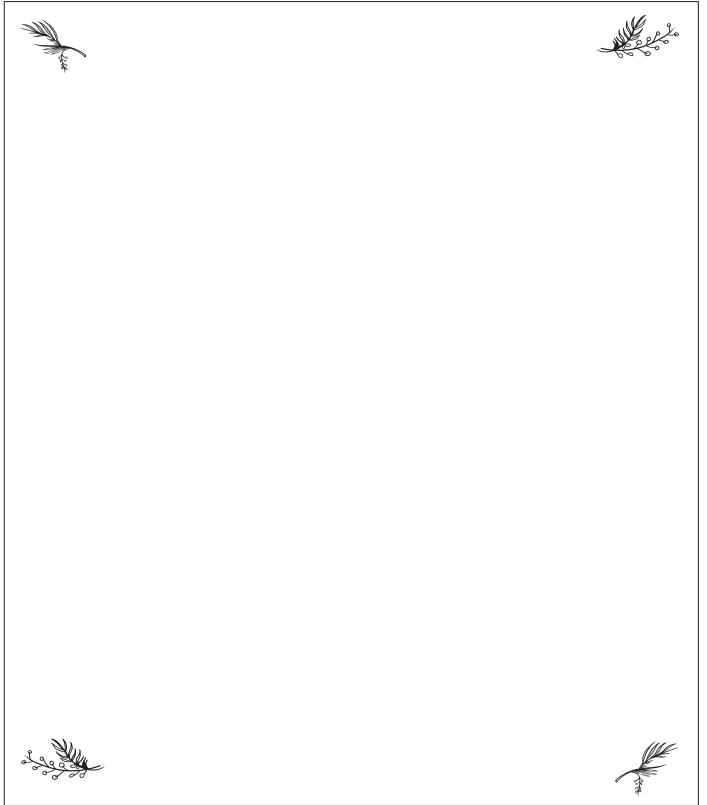
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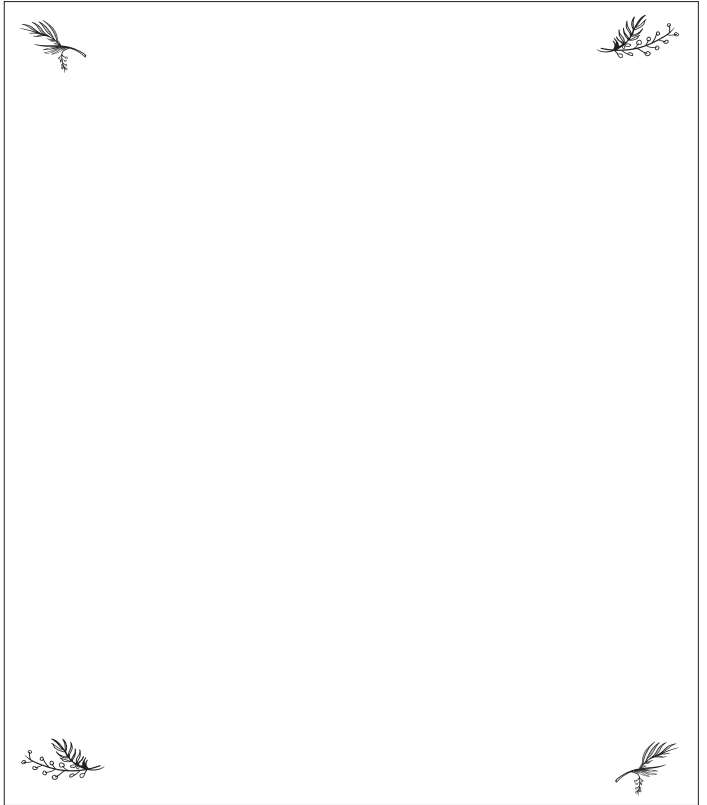
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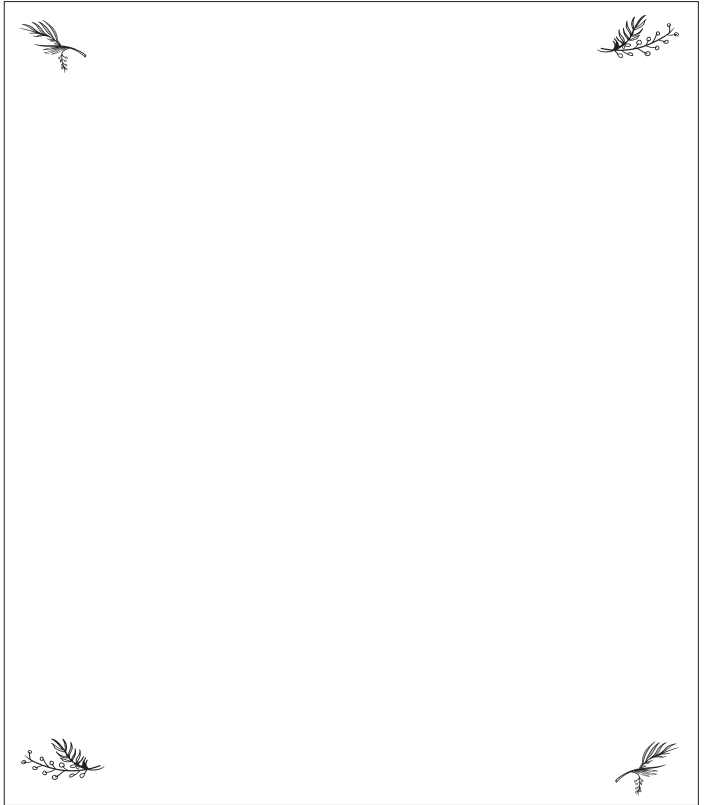
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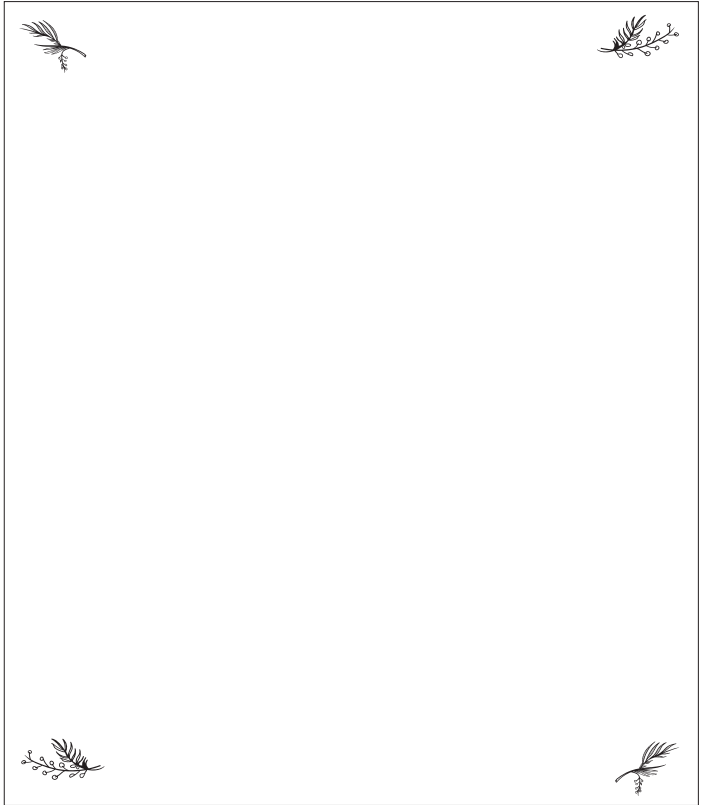
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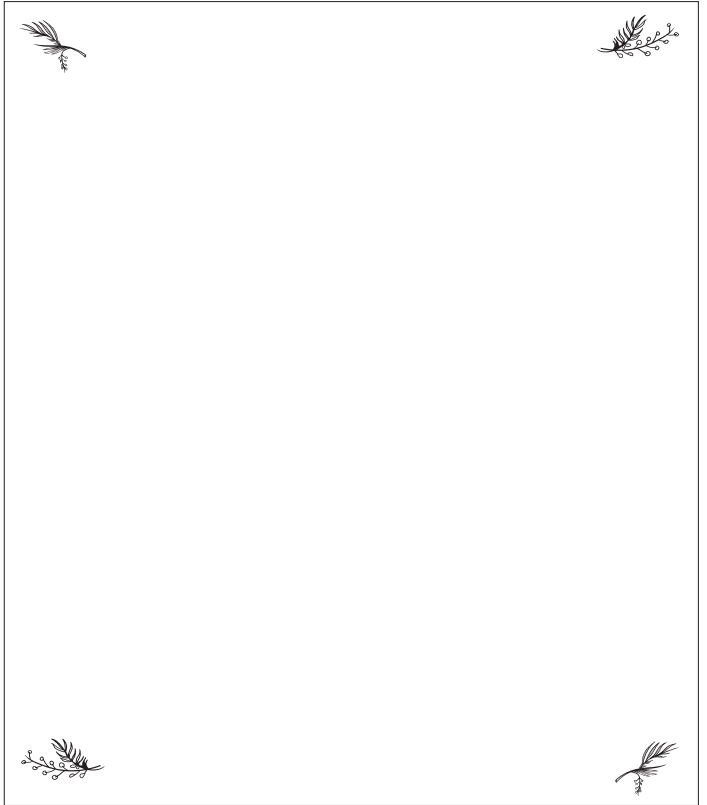
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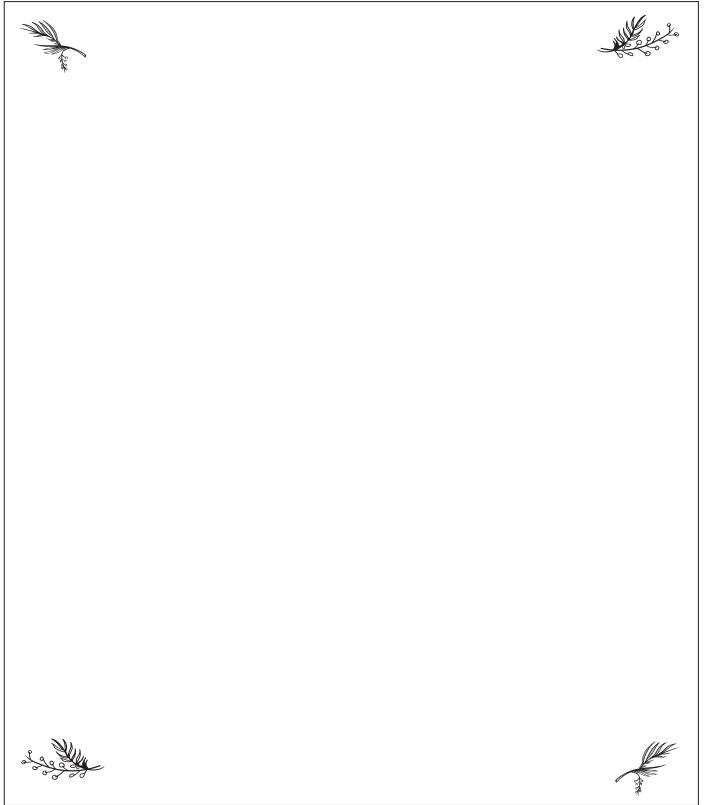
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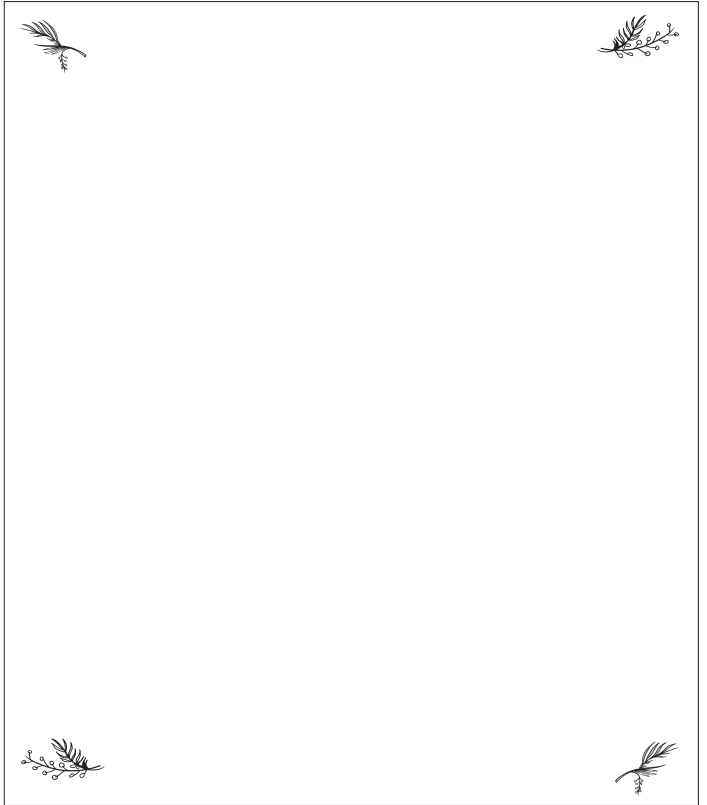
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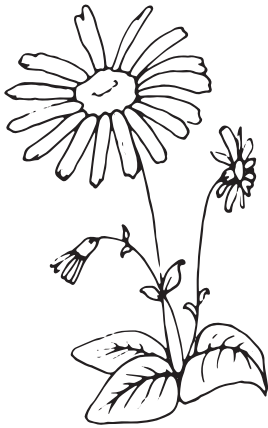
Folklore:



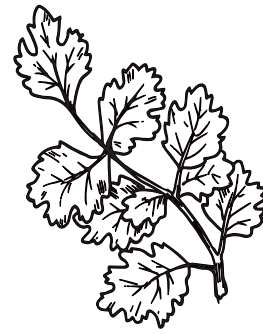


# Notes





Arnica



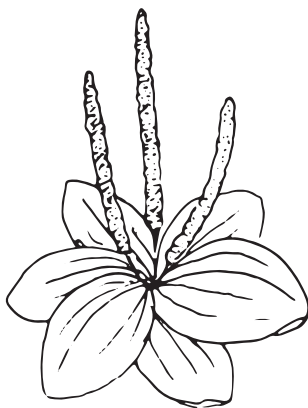
Coriander



Chamomile



Calendula



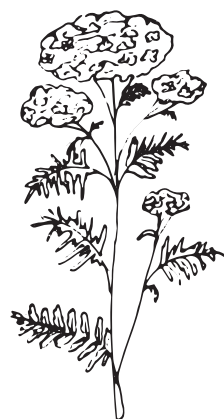
Plantain



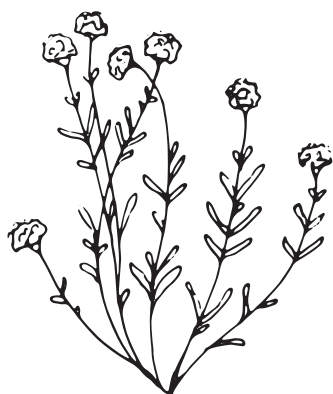
Aloe Vera



Lavender



Yarrow



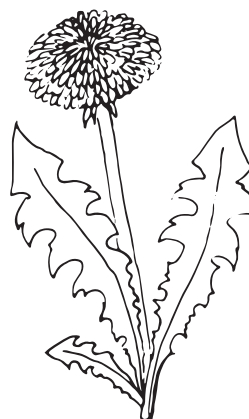
Lavender Cotton



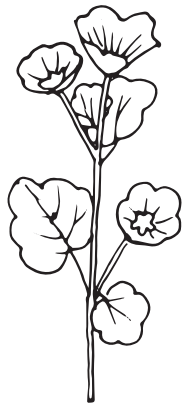
Daisy



Globularia



Dandelion



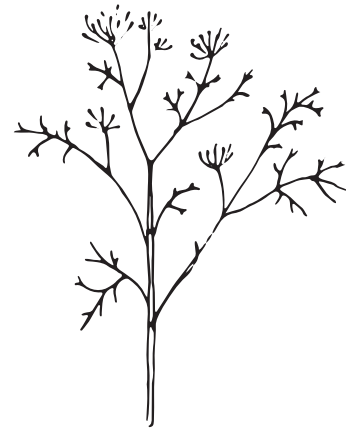
Mallow



Chicory



Saffron



Fennel



Flax



Echinacea



Wild Strawberry



Cowslip



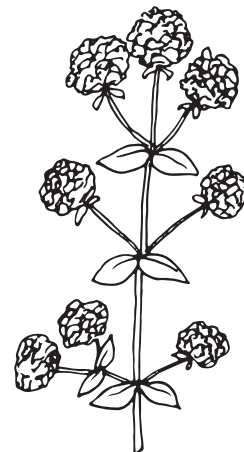
Basil



Alfafa



Field Bindweed

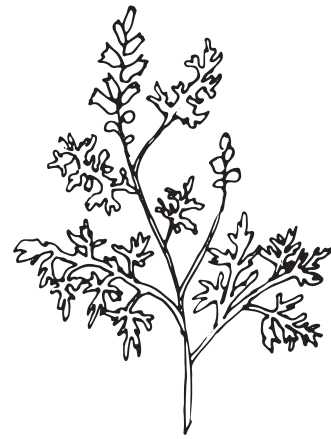


Oregano





Greater Celandine



Fumitory



Evening primrose



Edelweiss



Bay leaf



Thyme