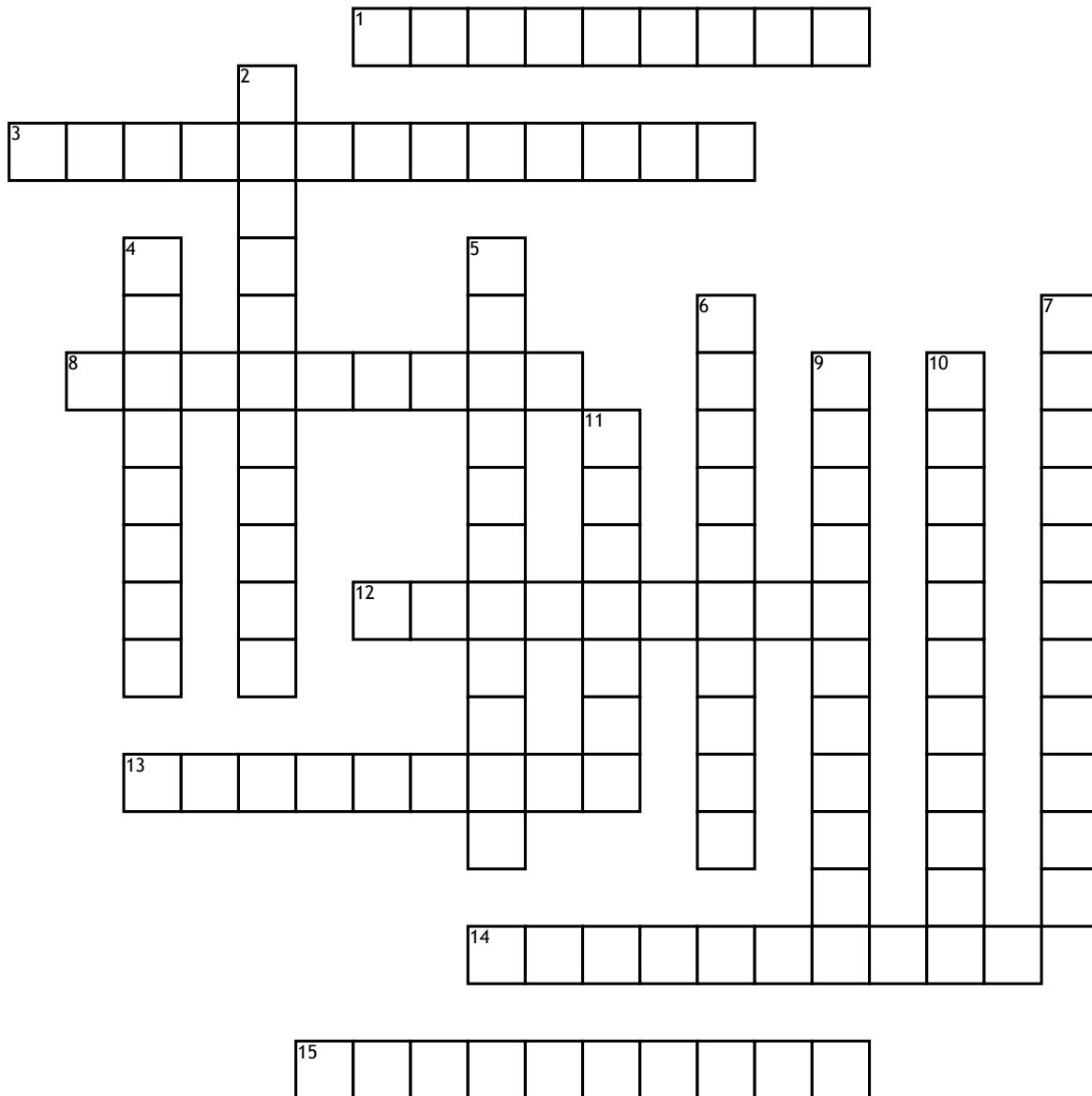


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Herbal Actions



## Across

1. Herbs used to reduce pain
3. Herbs that reduce muscle tension, spasms and cramping
8. Herbs that help to heal wounds
12. Herbs that are slowly building overtime working on the HPA axis
13. Herbs that work on increasing bowel movements

14. Herbs that are mucilaginic

15. Herbs that work on pathways of elimination in the body

## Down

2. Herbs that tone and tighten tissues
4. Herbs that increase urine output
5. Aromatic herbs used for gas and bloating

6. Herbs used to rid the body of parasites

7. Herbs that help to lower blood pressure

9. Herbs that help to bring on menstruation

10. Herbs that are used to break up and expel mucus

11. Herbs that stimulate salivation, bile and HCL