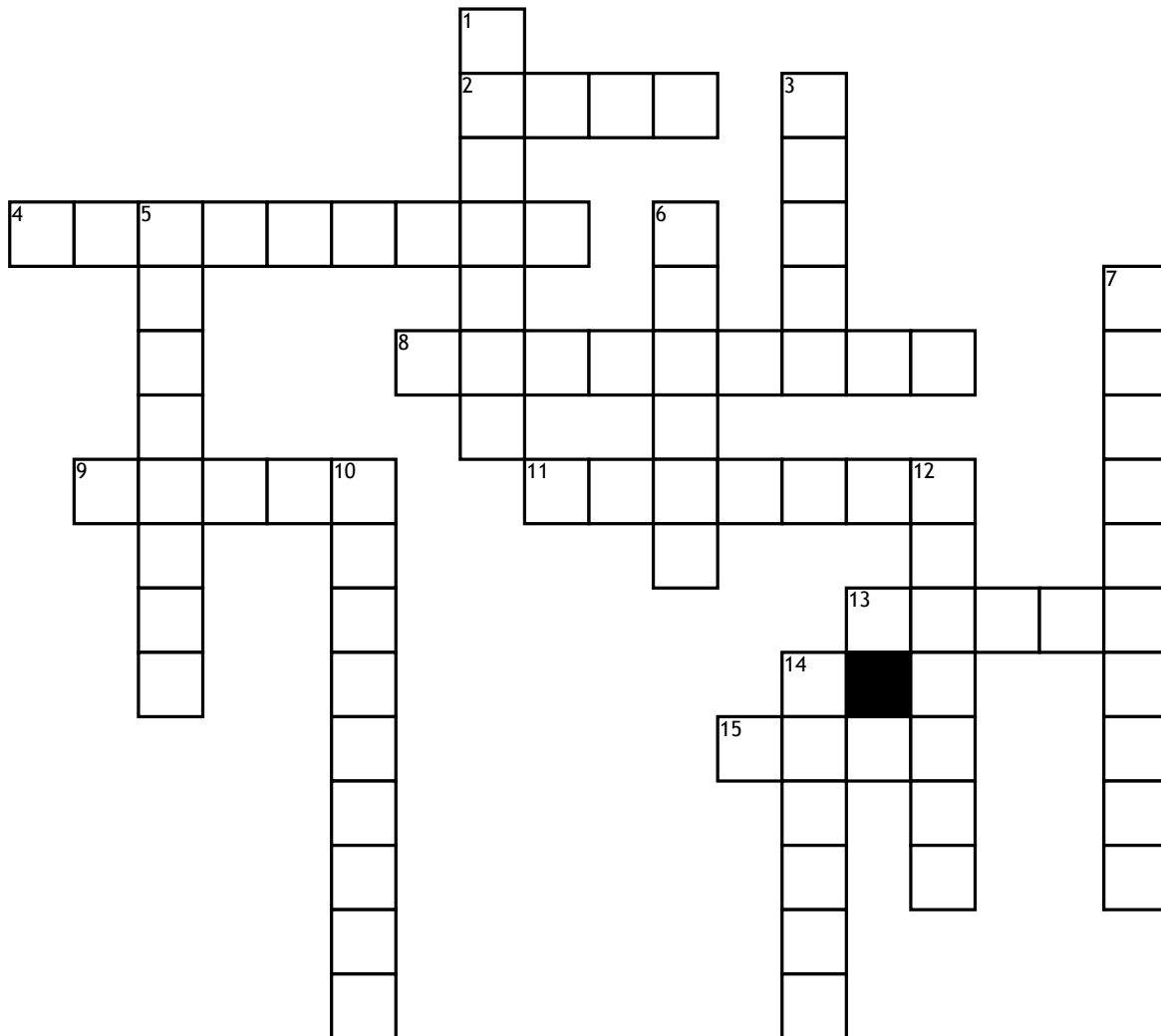


Herbs For Colds & Flus



Across

2. An at-risk-plant also known as Bear Root
 4. A spicy herbal vinegar remedy?
 8. What plant is antiviral, helps to reduce fevers and eases an upset stomach?
 9. A popular herb used in Spaghetti sauce
 11. What is the common name for Monarda spp.?
 13. What tree/bush produces berries that have been shown to attack the flu virus?

15. A specific for sore throats?

Down

1. A plant to use at the start of the flu that eases muscles aches and pains.
 3. This herb can be easily identified by the white thread inside and known as Old Man's Beard
 5. A wonderful addition to a child's cold formula that has a high Vitamin C content?
 6. A warming stimulating diaphoretic?

7. A classic combination for colds - yarrow, elder flower and ?

10. What plant grows in the Midwest Praire and is considered a surface immune stimulant?
 12. What is another name for "Nature's Toliet Paper"?
 14. Cat's love this plant