



**Macadamia Tetraphylia**  
*Macamadia*

Some of the main benefits of eating macadamia nuts are lowering of heart disease risks, improving metabolic syndrome and diabetes, cancer prevention. They protect the brain, prevent weight gain, they starve off hunger, they can help lower cholesterol, contain a great source of vitamin E that is best known as an antioxidant. This will help prevent unhealthy cells from growing inside the body. This will fight off the factors that cause heart problems and stroke. Macadamia nuts have a high vitamin B content. This is significant for both metabolic and growth processes. Because of its nutritional value, macadamia nut oil is now sold as a dietary supplement. The oil extracted has been put into capsules so that people can benefit from it in healthy doses.



**Mango**  
*Magnfica Indica*

Mangos have a varied range of different medicinal properties and health benefits including; improved digestion - Rich in probiotic fibre which helps in growth of beneficial bacteria in the gut. This helps to reduce or lower acidity problem, prevent constipation and prevent a number of diseases. Highest vitamin A containing fruit. Vitamin A, flavonoids like Beta carotene and Antioxidants helps to maintain healthy eyes and skin. Lowers Cholesterol - High fibre, pectin, and high vitamin C. Prevents cancer- mango has ability to protect against colon, breast, prostate cancers and Leukaemia. Boosts memory, prevents anemia and provides immunity.



**French Lavender**  
*Lavandula Stoechas*

Lavender oil is believed to have antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness. Some studies suggest that consuming lavender as a tea can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling. In addition to helping with digestive problems, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It can also be used to prevent hair loss.



**Citronella Geranium**  
*Pelargonium 'Citronella'*

Pelargoniums are usually suitable for culinary use, particularly the leaves and flowers. They may be used for herbal teas and to sweeten and scent desserts such as cakes and jelly. General traditional use has included treatment for digestive and respiratory ailments, wounds, burns, ulcers and abscesses, cold sores and sore throats. The active chemicals are slightly astringent so they are good for skin care, oily skin and cleansing the pores. Overall the pelargonium species are seen as having value for creating a relaxing and uplifting feeling, while calming nerves, anxiety and aiding depression.





**Yarrow**  
*Archillea Millefolium*

It's genus name, Achillea, refers to the warrior Achilles in Greek mythology, as he used yarrow to treat his soldiers' wounds. Some of the health benefits for Yarrow include enhancing wound healing. Yarrow tea may provide several digestive benefits, such as combating ulcers and IBS symptoms. It also contains flavonoids and alkaloids that may relieve symptoms of depression and anxiety. All the same, human studies are necessary. Yarrow may reduce symptoms of certain brain disorders, such as epilepsy, multiple sclerosis, Alzheimer's, and Parkinson's. Yarrow tea may reduce both liver and skin inflammation, but research is currently limited.



**Tansy**  
*Tanacetum Vulgare*

Tansy is used for digestive tract problems including stomach and intestinal ulcers, certain gallbladder conditions, gas, bloating, stomach-ache, stomach spasms, and poor appetite. It is also used for painful conditions including migraines, nerve pain (neuralgia), joint pain (rheumatism) and sciatica; and for heart conditions including rapid heartbeat (palpitations) and fluid retention caused by congestive heart failure. Tansy is also used to treat roundworm and threadworm infections in children. Other uses include treatment of epileptic seizures, colds, fever, hysteria, gout, kidney problems, and tuberculosis. It is also used to kill lice and bacteria; promote sweating; calm the nerves; and act as an antioxidant, tonic and stimulant.



**Feverfew**  
*Tanacetum Parthenium*

It's name comes from the Latin word 'Febrifugia' meaning fever reducer. Traditionally it was used to help treat fevers and other types of inflammatory conditions. Feverfew contains a variety of active compounds, such as flavonoids and volatile oils. However, its main compound of interest is parthenolide, found in the plant's leaves.



**Variegated Society Garlic**  
*Tulbaghia Violacea*

Traditionally speaking, society garlic has been used in a number of medicinal applications, in order to treat problems with hormone balance and blood pressure, as well as to help prevent certain types of cancer. As well as this it also balances hormones, lowers blood pressure and can be used in dishes to improve gut health.



**False Valerian**  
*Centranthus Ruber*

Traditionally False Valerian was used to treat insomnia, since then it has been used to improve sleep health, reduce hot flashes in menopausal women. Preparations of valerian marketed as dietary supplements are made from its roots, rhizomes (underground stems), and stolons (horizontal stems). Dried roots are prepared as teas or tinctures, and dried plant materials and extracts are put into capsules or incorporated into tablets.



**Salt Bush**  
*Atriplex Nummularia*

Saltbush is an excellent source of protein and contains beneficial calcium and trace minerals. It also contains 20% less sodium than table salt and is a rich source of antioxidants.