



by Meneerke bloem

Common name:

Wild garlic or ransoms

Scientific name:

Allium ursinum

Medicinal use:

The bulbs of wild garlic can be used to soothe stomach pain. This helps ease diarrhoea, colic, wind and indigestion.



by Hans Hillewaert

Common name:

Dog rose

Scientific name:

Rosa canina

Medicinal use:

The hips (seeds) can be used in the treatment of colds, influenza, minor infectious diseases, diarrhoea, and gastritis. A good source of vitamins and minerals, they are useful in the prevention of scurvy (a disease caused by Vitamin C deficiency).



by H Zell

Common name:

Maidenhair tree

Scientific name:

Ginkgo biloba

Medicinal use:

The leaves of this plant contain chemicals that are used in the treatment of people with poor circulation.



by Joadl

Common name:

Echinacea

Scientific name:

Echinacea purpurea

Medicinal use:

This plant is believed to stimulate the immune system and is widely used in modern herbal treatments.



Common name:

Common evening primrose

Scientific name:

Oenothera biennis

Medicinal use:

It is believed that taking regular doses of the oil extracted from this plant helps reduce blood cholesterol levels and lower blood pressure.