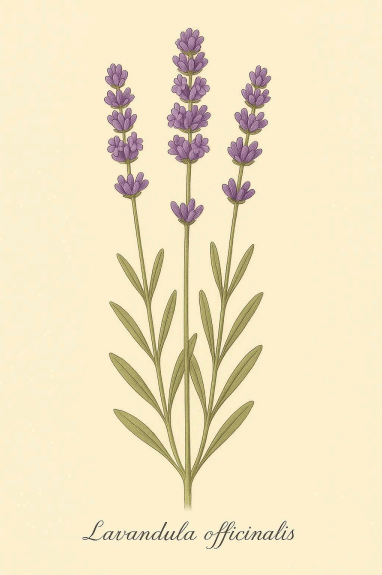
PERFECT HERBS

Herb Monograph Latin Name: Lavendula officinalis

Common Name: Lavender

Primary Action	nervine
Secondary Actions	antispasmodic, carminative, topical antimicrobial
System Affinities	nervous
Conditions Treated	anxiety, depression, headaches
Constituents	essential oils, monoterpenes
Tincture Daily Dose	2 mL to 6 mL
Tea Daily Dose	3 g to 8 g
Parts Used	flower & leaf
Can Be Substituted With	N/A
Pairs Well With	Calendula officinalis and Hypericum perforatum as an uplifting nervine combo for depresssion and Essential oil of Salvia officinialis, Eucalyptus globulus as topical anti bacterial and topical anti-fungal

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