

A Field Guide to Healing Herbs & Spices

Sixteen remedies, their traditional uses, and how to prepare them

A quick-reference table for the herbs and spices most often reached for in natural home care — what each is traditionally used for, and the simplest way to prepare it.

Herb / Spice	Traditionally used for	Simple preparation
Turmeric	Inflammation, joint comfort, daily tonic	Warm milk or tea, 1/2 tsp
Ginger	Nausea, colds, digestion	Sliced fresh in hot water
Garlic	Immune support, circulation	Raw, crushed, on an empty stomach
Moringa	Energy, general nourishment	Powder stirred into food or smoothies
Fennel seed	Bloating, digestion, breastfeeding support	Chewed whole or steeped as tea
Peppermint	Indigestion, headaches, congestion	Steeped tea, or oil inhaled
Chamomile	Sleep, calm, mild stomach upset	Steeped flowers, evening tea
Lavender	Relaxation, mild skin irritation	Dried sachets, or diluted oil
Eucalyptus	Congestion, coughs, colds	Steam inhalation with hot water
Cumin	Digestion, bloating	Toasted and added to meals
Neem	Skin care, minor irritation	Diluted leaf paste or oil
Calendula	Wound care, skin soothing	Infused oil or salve
Aloe vera	Burns, dry skin, sunburn	Fresh gel applied directly
Thyme	Coughs, sore throat	Steeped tea with honey
Honey (raw)	Sore throat, wound dressing, cough	Taken directly or in warm water

This reference is for general wellness information and traditional use only, and is not a substitute for medical advice. If you are pregnant, nursing, on prescribed medication, or managing a chronic condition, check with a healthcare provider before introducing a new remedy.