Herbs For Colds & Flus

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| **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 |