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 |