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Immune Support by Sarah Farr will be published by Storey Publishing this DEC 27th. I can tell you I love and love and love this book so badly because it is very complete. Pity it's expired a long time ago.

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Ginkgo. Rating Safety: 3/5 Evidence:
3.5/5. Turmeric. Rating Safety: used
as an herb: 5/5; used as a supplement:
4/5 Evidence: 3/5. Evening primrose
oil. Rating Safety: topically: 4.5/5;
orally: 3/5 Evidence: 3/5. Flax seed. ...

9 Most Powerful Medicinal Plants and

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Ashwagandha. Black Cohosh.
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Peppermint is another popular herb
for digestion and gut health. It helps
to relieve stomach pain, spasms,

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cramps, indigestion, constipation, and IBS. Peppermint is also helpful for relieving bloating and gas, while also protecting and healing the gut.

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