

Anti-Inflammatory

Nature's Cooling Agents

Inflammation is the body's natural response to injury or illness, but chronic inflammation can lead to long-term health issues. The following plants have been revered for centuries for their ability to cool the body, soothe irritation, and restore balance.



Chamomile

ACTION

Famous for calming red, irritated skin and soothing digestive inflammation.

USAGE

Drink as a gentle tea for stomach relief or apply cool tea/infused oil topically to soothe rashes.



Calendula

ACTION

A powerhouse for skin repair that reduces inflammation and speeds up healing of wounds and burns.

USAGE

Most often infused into oils, salves, and creams for dry, itchy skin, or drunk as a tea.



Rosemary

ACTION

Contains antioxidants like carnosic acid that help reduce inflammation in muscles.

USAGE

Use the essential oil diluted for massage on sore muscles, or brew the fresh needles for tea.



Sage

ACTION

Highly antiseptic and anti-inflammatory, excellent for soothing sore throats and gums.

USAGE

Gargle with a strong warm tea for throat pain, or drink it to support digestion.



Holy Basil (Tulsi)

ACTION

An adaptogen that helps the body tackle stress and fights inflammation at a cellular level.

USAGE

Best enjoyed daily as a restorative tea to boost immunity and calm the mind.



Ginger

ACTION

Contains gingerols which actively block inflammatory pathways; fantastic for joint pain.

USAGE

Simmer fresh slices for a warming tea, grate into meals, or take as a capsule.



Echinacea

ACTION

Stimulates the immune system and reduces systemic inflammation to help fight infection.

USAGE

Take as a tincture or tea at the very first sign of a cold or flu.



Nettle

ACTION

A natural antihistamine that reduces inflammation in the body, helping with hay fever.

USAGE

Drink as a daily nourishing infusion (tea) or cook the fresh leaves like spinach.

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