

Earth Root Harmony - Root Reference Chart

Root	Key Benefits	Simple Use
Burdock	Blood & skin purifier, liver support	Simmer 20 min for mineral tea
Dandelion	Digestive bitter, gentle diuretic	Roast root, brew like coffee
Maca	Hormone balance, stamina, libido	Blend 1 tsp in smoothies
Ashwagandha	Stress relief, adrenal rebuild	1/2 tsp in warm milk at night
Ginger	Circulation, digestion, anti-nausea	Grate into hot water 10 min
Turmeric	Anti-inflammatory, joint support	Add 1/4 tsp + black pepper to dishes
Licorice	Soothes throat, adrenal support	Steep slices 5 min for tea
Chicory	Prebiotic fibre, liver cleanse	Roast, grind, brew like coffee
Valerian	Sleep aid, nervous calm	Steep 1 tsp root 10 min at night
Ginseng	Energy, immune support	Simmer slices 15 min for tonic