

Rooted Remedies

MUST-HAVE HERBAL STOCK LIST

1. Everyday Immunity Boosters

Tulsi (Holy Basil))

strengthens Lungs & immunity.

BOIL LEAVES FOR TEA DAILY.



Turmeric

Anti-inflammatory and Anti-bacterial

ADD TO MILK OR COOKING.

Amla (Indian Gooseberry)

Vitamin C Powerhouse

EAT RAW OR AS JUICE



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2. Digestive & Detox Support

Cumin

Improves digestion &
reduces bloating

**BOIL IN WATER FOR POST MILK
DRINK**



Fennel Seeds

Eases acidity & gas

CHEW AFTER MEALS

Triphala

Gentle detox & bowel
balance

**½ TSP POWDER BEFORE BED
WITH WARM WATER**



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3. Cold, Cough & Fever Care

Cinnamon

Fights infection & warms the body

ADD TO HONEY FOR SORE THROAT



Licorice (Mulethi)

Soothes throat & cough

BOIL IN TEA FOR 5 MINS

Black Pepper

Clears congestion & improves absorption

ADD PINCH TO TURMERIC MILK



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4. Skin, Hair & Stress Support

Aloe Vera

Hydrates, cools & heals skin

APPLY GEL OR DRINK JUICE



Brahmi

Boosts memory & calms the mind

Take as tea or supplement

Rose Petals

Natural mood lifter

**ADD TO WATER OR TEA FOR
RELAXATION**



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♥ 5. Modern Wellness Add-ons

Himalayan Salt

Replenishes minerals

USE IN DETOX BATH OR GARGLES



Honey (Raw)

Natural sweetener + antimicrobial

Pair with cinnamon or ginger



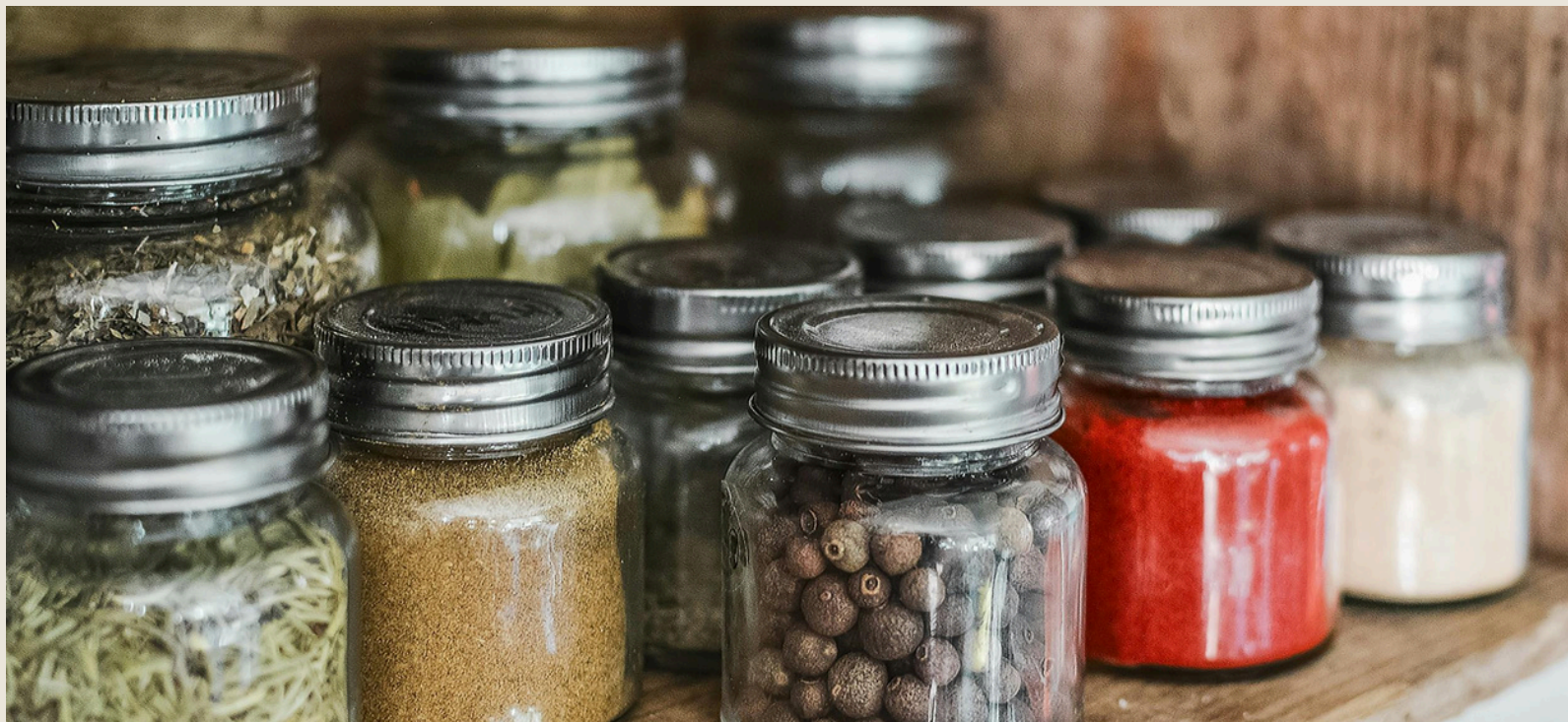
Eucalyptus Oil

Clears sinuses & calms
nerves

ADD TO STEAM OR DIFFUSER



“A stocked herbal cabinet is your first step toward fewer urgent care visits and more natural balance.” 🌿



Rooted Remedies by Sanah Gill, RN

Blending ancient Indian remedies with modern wellness tools.

📱 Instagram: @RootedRemedies

💬 For educational purposes only. Not a substitute for medical advice.