

Name _____

Healing Wonders: Exploring Common Medicinal Uses for Herbs

Open-Ended Response Questions

1. Describe two different ways herbs can be used to promote skin health and treat skin conditions, explaining the specific herbs used and their medicinal properties.
2. Can you think of any cultural or traditional practices that involve the use of herbs for medicinal purposes? Describe one practice and explain its significance in the culture.
3. Explain how stress can impact overall health and well-being, and discuss how herbs like lavender and lemon balm can help alleviate stress symptoms.
4. Describe one herbal remedy for digestive discomfort, such as indigestion or bloating, and explain how the herbs used in the remedy work to alleviate symptoms.

