

Name _____

Healing Wonders: Exploring Common Medicinal Uses for Herbs

Short Answer Key

1. One common medicinal use for herbs is stress relief.
2. Herbs support digestive health by relaxing digestive muscles.
3. One herb commonly used to support the immune system is Echinacea.
4. The calming effect of lavender makes it useful for stress relief.
5. Herbs like arnica and turmeric relieve pain by reducing inflammation.

