

Name _____

Healing Wonders: Exploring Common Medicinal Uses for Herbs

Open-Ended Response Answer Key

1. One way herbs can be used to promote skin health is through the application of aloe vera gel to soothe sunburns and reduce inflammation. Another method is using calendula-infused oil to promote wound healing and reduce scarring due to its antimicrobial and anti-inflammatory properties.
2. In Chinese traditional medicine, herbs like ginseng and astragalus are used to strengthen the immune system and promote overall health and longevity. This practice has been passed down through generations and is deeply rooted in Chinese culture, emphasizing the importance of maintaining balance and harmony within the body.
3. Stress can negatively impact overall health by increasing the risk of chronic diseases, disrupting sleep patterns, and impairing cognitive function. Herbs like lavender and lemon balm help alleviate stress symptoms by calming the nervous system, reducing anxiety, and promoting relaxation, thereby supporting overall well-being.
4. One herbal remedy for digestive discomfort is ginger tea, made by steeping fresh ginger root in hot water. Ginger contains gingerol, a compound that helps relax the muscles of the digestive tract and alleviate symptoms of indigestion and bloating. Additionally, ginger has anti-inflammatory properties that can help reduce inflammation in the digestive system.

