

TIME-TESTED MEDICINE
GROW ANCIENT HERBS AT HOME

MAKE YOUR OWN EASY
NONTOXIC CLEANERS

THE **Herb**
COMPANION

GROW · COOK · HEAL

INSIDE:
**EASY
INDOOR
GROWING**

MARCH
2012

Grow Your Own
**GARDEN
THAT
HEALS**



5 Heart-Smart Recipes
**LOWER YOUR
CHOLESTEROL**

**MAKE YOUR OWN
COUGH DROPS**

ALSO:

Make Your Own Rose Sugar
Protect Your Brain with Ginkgo

Get Well; Stay Well

These holistic products
will help keep you
healthy all year long.



Viralaurin Immune with Resveratrol by **Reserveage Organics**, \$16.95
Enrich your daily defenses with this blend of Japanese knotweed and olive leaf. reserveage.com

Immune Zoom by **Urban Moonshine**, \$18.99
Curb the common cold by adding this herbal tonic to a glass of water. It is made with elder, echinacea, honey, cinnamon, ginger and cayenne. urbanmoonshine.com



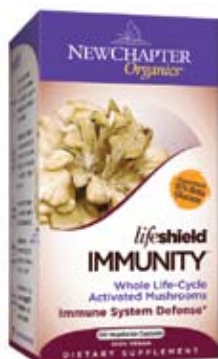
Echinaforce by **A. Vogel**, \$19.99 to \$33.99
Heal with echinacea. This liquid extract bottles the antiviral properties of this healing herb for everyday use. bioforceusa.com



Wild Moroccan Oregano supplements by **EuroPharma**, \$24.05
Support healthy immune function with these softgel capsules, which also maintain respiratory function and provide antioxidant benefits. europharmausa.com



Elderberry supplement by **Berries for Life**, \$29.99
Boost your health with the power of berries. This supplement focuses on ancient herbs proven effective by modern medicine. berriesforlife.com



LifeShield Immunity by **New Chapter**, \$69.95
This blend of tonic mushrooms, including reishi, shiitake and cordyceps, boosts immunity and provides the body with vital nutrients. newchapter.com



Daydream Glass Teapot by **Teaposa**, \$26
Steep blooming posy teas in this beautiful, heat-resistant glass pot to keep you relaxed and feeling great. teaposa.com



ONLINE EXCLUSIVE

Enter Our Sweepstakes

Register at herbcompanion.com/listoflikes for a chance to win some of these products.