

LEGENDARY CLAIMS OF PRESCRIPTIONS AND POWER

+Note: These are some of the traditional beliefs of people around the world. They are not substitutions for professional medical treatments.

1. **Anise leaves** Applied externally removes wrinkles; oil combats insects.
2. **Basil:** Keeps away witches; disinfects the air if you burn it.
3. **Caraway:** Protects objects from thefts; cures colic and gout
4. **Chamomile:** Rinse your hair to lighten the color; ends insomnia; calms nerves
5. **Dill:** Stops hiccoughs; strengthens the brain
6. **Mint:** Helps those stomach disorders; cures mouth and gums sores; stimulates appetites.
7. **Parsley:** Used as a diuretic, treat diabetes
8. **Rosemary:** Improves memory; good for nervous headaches, trembling, dizziness; also good as a hair conditioner; a friendship plant
9. **Sage:** Remedy for head colds and inflammation; increases longevity, cures snake bites
10. **Savory:** Makes the old feel young; cures colic, improves eyesight and ability to hear
11. **Tarragon:** Eases bites from mad dogs; cures toothaches
12. **Thyme:** Eases muscles cramps and nervous disorders; antiseptic use; inspires courage