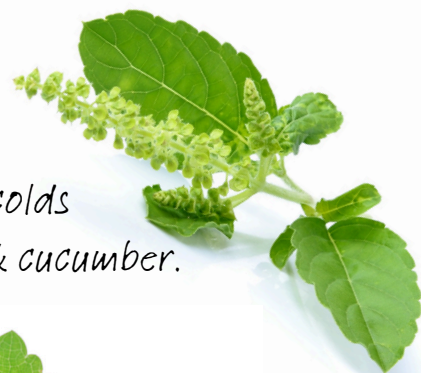


Choose Your Support Plant

A gentle guide to align with your current energy.

1. For grounding & resilience: Tulsi (Holy basil)

- Latin name: *Ocimum tenuiflorum*
- Good for: Balancing body systems, focus & clarity, coughs & colds
- How to use: Hot or cold tea. Blends well with berries, citrus, & cucumber.
- Affirmation: "I am grounded and clear."



2. For emotional balance & soothing: Lemon balm

- Latin name: *Melissa officinalis*
- Good for: Anxiety & stress, insomnia, nausea
- How to use: Hot or cold tea, blends well with linden, chamomile, and mints
- Affirmation: "I am balanced and peaceful."



3. For clarity & focus: Rosemary

- Latin name: *Salvia rosmarinus*
- Good for: Brain fog and memory support
- How to use: Hot tea, tincture, and in cooking
- Affirmation: "My mind is clear and focused."



4. For heart-centered calm and support: Linden blossom

- Latin name: *Tilia spp*
- Good for: Soothing anxiety, headaches, and restlessness
- How to use: Hot or cold tea, blends well with lemon balm, catnip, berries, and mints.
- Affirmation: "My heart is full, I am supported."

