

**SPECIFIC HERBS FOR MEDICAL PROBLEMS**  
**DR. AIROLA'S HANDBOOK OF NATURAL HEALING**  
**HOW TO GET WELL**

Herbs known to lower blood pressure:

Broom	Boneset
Black cohosh	Skullcap
Blue cohosh	Golden seal
Hyssop	Myrrh
Wild cherry bark	Herbal laxative
Valerian	Peppermint
Vervain	Red pepper (cayenne)
Sanicle	Hyssop
Hawthorne berries	Mistletoe