

# Party Game for the Encyclopaedia of Medicinal Plants

What Herb am I?

1. A physician said at the end of the Middle Ages in the Egyptian town of Coptum "Look for \_\_\_\_\_ and give it to the few women alive here. Only this way we will again have children again. After taking \_\_\_\_\_ infusion for seven days, go to your husbands and you will surely conceive." This famous Spanish physician was right the Coptic women filled the town with children in only a few years.
2. This herb promotes hormonal balances in women's bodies. Regulates, eases fights menstrual issues.
3. \_\_\_\_\_ is perhaps the plant with the strongest anti-perspiring properties known.
4. Due to its antiseptic properties it has great results for gingivitis, mouth sores, tonsillitis and pharyngitis.
5. Baths with \_\_\_\_\_ helps keep facial skin beautiful.
6. This just is a few of the many benefits of this herb.

I am SAGE (page 638)

What Herb am I?

1. I calm nervous digestive disorders stomach nervousness excess gas and belches.
2. \_\_\_\_\_ increases the production of milk in breastfeeding women.
3. \_\_\_\_\_ eases menstruation.

I am Basil (page 368)

What Herb am I?

1. \_\_\_\_\_ was appreciated by the Romans who gave it to the gladiators before their fights.
2. I contain vitamins A,C,E as well as phorus, calcium, iron and sulphur.
3. Natural remedy for insect bites (spiders, wasps ect) apply a poultice of fresh leaves on the skin. It calms pain and reduces any possible inflammatory reaction of the bite.
4. Natural remedy for cellulite and more...

I am Parsley (page 583)

**What Herb am I?**

- 1. This herb was used by the ancient Egyptians who used it to make ointments for embalming.**
- 2. This is a plant which should be present in all family first aid kits and as well as pantries.**
- 3. General invigorating of the body, it stimulates the intellectual faculties and mental agility. However lacking side effects like those of tea and coffee.**
- 4. Due to its anti-parasite properties it is very useful for scabies and lice and flea infestation.**
- 5. Hair invigorating applied as a lotion or massage on the scalp, it gives strength to the hair and prevents its loss.**

**I am Thyme (page 769)**