5 flowers for health

Love bouquets for their colorful hues or uplifting scents? Blooms can also enhance health in other ways. These are a few powerful flowers to explore.

Chamomile

Used in tea to calm anxiety and support sleep.

Echinacea

Used as a supplement and in cold remedies to boost immunity.

Rosemary

Used in food, soaps and supplements to help memory, reduce anxiety and improve sleep.

St. John's Wort

Used as a supplement to treat depression.

Lavender

Used in food, soaps and supplements to ease anxiety and promote sleep.

PeaceHealth

Always talk to your doctor before using any supplements or herbal remedies.

peacehealth.org/healthy-you