



## CHAMOMILLA

For short: *Chamomilla*

Common Name: *German chamomile*

For fussy, angry, impatient cries  
*Chamomilla's* your soothing surprise  
If one cheek's red, and the other one pale  
For a teething child's angry wale  
If you're thirsty and hot with  
great demand  
Be sure to have chamomilla on hand



## RUTA GRAVEOLENS

For short: *Ruta grav*

Common Name: *Rue*

If stiffness binds and parts complain  
From overwork or overstrain  
When stretching makes the pain increase  
Try *Ruta grav*, may suffering cease  
For tendon, tailbone, ankle, or wrist  
It's *Ruta grav*, your healing assist



## HYPERICUM PERFORATUM

For short: *Hypericum*

Common Name: *Saint John's-Wort*

*Hypericum* is indicated for shooting pains  
in nerves. Sensitivity to touch will be  
observed, with symptoms sharp and quite  
extreme. It's great for nerve-rich injuries.