

## Lagundi



## Bawang



## Ampalaya



HERBAL MEDICINE

**SAMBONG**

- A plant that reaches 1 ½ to 3 meters in height with rough hairy leaves.
- Young plants around mother plant may be separated when they have three or more leaves.



**Scientific Name: *Blumea balsamifera***

HERBAL MEDICINE

**ULASIMANG BATO**

**USES:**

- Lowers uric acid (Rheumatism and Gout)

**PREPARATION:**

- Wash the leaves well. One and a half cup leaves are boiled in two glasses of water over low fire. Do not cover pot. Cool and strain. Divide into three parts and drink each part 3 times a day a day.

