Diagnosis				Ingredients		Instructions/information			Delivery
Headache	rashes, acne, skin irritation		Echinacea	St. John's Wort	Yogurt		Cooking		Amazon link
mainly for use with minor problems	Acidity Problems		Basil	Ginger	Warm Milk		Application		Directions to local shops
Stomach Aches	Sore Throat		Ginkgo Biloba	Honey	Turmeric		Dietary restrictions (allergies)		Where to find herb/spice in the wild
Light muscle aches/pains	Vitamin Deficiency		teas, i.e. ginseng	Lemons			Side effects		Evaluation of stock at nearby supermarket
Low BP	Stress/Anxiety		Garlic	Eggs					

## User Base

Anti-Vaxxers

**Hippies** 

financially disadvantaged People who would prefer to not go to the doctor for minor ailments

Pro Earthers