

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**