

# MEDICINAL GARDEN KIT



The Medicinal Garden Kit is a great way to turn a Backyard into a Pharmacy.



The Medicinal Garden Kit contains seeds of 10 different medicinal herbs which can be grown at home. This kit, curated by Dr. Nicole Apelian comes with a guide explaining the best ways to use these herbal remedies to improve their health.

## [MEDICINAL GARDEN KIT: OFFICIAL WEBSITE](#)



What is the Medicinal Garden Kit?

Everybody wants to be healthy to enjoy a long and happy life with their family. Unfortunately, many people are trying to maintain their health by taking medications and

supplements which are far from natural. The use of synthetic ingredients and frequent doctor visits can lead to a decline in health. However, the Medical Garden Kit contains components that can help.

Nicole Apelian is the only person who can give consumers access to the Medicinal Garden Kit. She has a Ph.D. in Biology, and she's a mother. She studied at McGill University but her real knowledge came from living in Kalahari. She learned sustainable living techniques from the local San Bushmen. These practices are used by most people of this tribe to lead a healthy and long life, without ever having to go to the hospital.

Nicole became interested in plant medicine when she discovered that she had Multiple Sclerosis. She was only 30 years old. The incurable disease left her in constant, excruciating pain and forced her to use a wheelchair. She was able to manage her condition with natural remedies and felt healthier than ever before. She was featured on *Alone* on the History Channel when she managed to survive 57 days without food or water.

Consumers can now learn from her what she has spent the last 20 years cultivating - how to treat anything, including pain or an open wound. She has made her knowledge available to consumers through the Medicinal Garden Kit.

Natural remedies can be used to support health, instead of putting the body at risk by using dangerous chemicals made in laboratories.

## **MEDICINAL GARDEN KIT SUPPLEMENT:** **OFFICIAL WEBSITE**

What is in the Medicinal Garden Kit?

This kit contains two main components: a guide, and seeds for ten herbs.

### *Seeds*

The kit includes the seeds to start a medicinal garden. Users can cultivate the remedies they require in their own backyard. The garden can be set up anywhere they like as long as they are planting seeds for:

- Chicory
- Yarrow
- California poppy
- Marshmallow
- Chamomile
- Evening primrose
- Lavender
- Echinacea
- Calendula
- Feverfew

Most people report that once everything begins to grow, their backyards begin to smell of lavender and chamomile. This has a relaxing effect on the first breath outdoors. Learn about the benefits that each herb can have for the user by reading on.

### *Chicory*

Native Americans have used chicory to relieve pain for centuries. They sought it out more than any other herb. Chicoric acid is found in the extract, which is particularly helpful for stiff joints. This compound is effective for pain and inflammation, but it does not cause addiction as can be the case with medications.

Chicory can be used in many ways. The guide explains how to blend the powdered root with coffee or tea for a prebiotic. It also explains why chicory can be used as soil.

### *Yarrow*

The yarrow leaves offer protection against infection and help consumers avoid excessive bleeding. Nicole used the leaves on Alone in order to treat her cut hand while gutting fish. She would have died from dangerous infection without antibiotics. But the yarrow leaves wrapped around the wound to stop bleeding in just a few

moments. The yarrow provided so much support to the skin, that there is barely a scar.

Consumers can create a tincture with dried yarrow that will repel mosquitos and prevent infections. Even a brief chewing of the leaves can relieve toothache.

### *California Poppy*

California poppy can help people get back to the deep sleep they had as a child. This remedy is much safer than using prescription medications to get to sleep. Users won't feel drugged or addicted, and they won't be knocked out.

The guide will teach consumers how to make California poppy tea. Nicole drinks it regularly before bedtime to help her sleep. The remedy is so safe, Nicole has even let her children drink it multiple times. The recipe for the concentrated sleeping tincture can be used to make this ingredient into a stronger remedy.

### *Marshmallow*

Marshmallow's root and leaves can be used to reap the benefits of its many uses. The natural presence of the mucilage in these components acts as an antibacterial layer. Mucilage is sap-like in texture and extremely helpful for the digestive system. It coats and soothes the stomach, colon, intestines to reduce inflammation. It is

used to treat digestive problems, stomach ulcers and more.

The roots can be soaked in ice-cold water for several hours to make a refreshing drink. The plant attracts many painted lady butterfly species, which are a delight to watch.

### *Chamomile*

Chamomile is one of the most popular herbs, and is usually made into tea. Nicole's grandmother grew chamomile flowers in her garden. She dried them and stored them in jars as a remedy for everything. She used it to soothe stomach upsets, heal pink eye and other ailments.

The guide shows how to make a soothing oil to apply on the skin. This will help to relieve dryness, among other things. The guide will also teach them how to make a compress with chamomile for itchy eyes.

### *Evening Primrose*

The evening primrose gets its name from the fact that the flowers only bloom for one night, usually around sunset. The benefits of evening primrose last for a long time. This plant was originally used to treat bruises, abrasions

and skin issues. It produces gamma linolenic and linolenic acids, which the skin requires.

This plant can also be used to relieve pain because the compounds help nerve cells. It is a natural way to balance hormones and fight fatigue. Tea can be used to control mood swings and heal wounds.

### *Lavender*

The scent of lavender cannot be confused with any other plant. The oil is used to treat anxiety and as a natural repellent for clothing moths. The right preparation can be used to make a tincture which is an antidepressant. The oil is used by some to improve blood flow and strengthen hair follicles. Nicole recommends that you add it to your shampoo for a natural hair treatment.

### *Echinacea*

Echinacea helps to reduce the risk of getting sick by supporting a weak immune systems. When a cold is approaching, the roots can be thinly sliced and simmered in water to make an immunity-boosting herbal tea. This herb can be used as a skin lotion, mouthwash or topical pain relief.

## *Calendula*

Calendula is in this garden because Nicole's grandfather used to use this extract on every wound that he suffered. It can be used to treat almost any type of abrasion and soothe insect bites. It can be used as a tea to flush out the lymphatic system and heal users of any infections they may have had throughout their lives.

## *Feverfew*

The last herb is Feverfew, which is an effective remedy for migraines. It is particularly helpful to people who have sore or swollen joint pain. Compounds that help users can be found in the entire plant, but by chewing on the leaves or heads of the flowers you can get the full benefits.

Nicole's guide shows you how to make a tincture of this plant instead of chewing it raw.

## *Guide to Buying a Car*

This guide comes as a free gift along with the seed set. The guide explains in detail how to turn the plants into tinctures and ointments or essential oils. The guide will also teach them how to make salves and poultices as well as decoctions and infusions. This guide is designed to

allow consumers with no prior gardening experience to follow along.

## Purchase of a Pouch from the Medicinal Garden Kit

customers will need to visit the [\*official website to get the Medicinal Garden Kit\*](#), and the guide that comes with it. The only kit they can order at once is the Medicinal Garden Kit, which will be enough for them to start their garden.

- One pouch contains 10 herbs and costs \$59.00.
- Users will also have to pay \$4.99 for shipping.

Customers can request a refund if they don't find the kit to be suitable for their needs. They have up to one year to do so. The team can be reached by emailing [support@thelostherbs.com](mailto:support@thelostherbs.com).

You can read more about it here:

The Medicinal Garden Kit, along with the free guide, helps consumers improve their health without having to fill their cabinets with medications and supplements. The kit teaches users how to create their own herb garden, which will last as long as the user continues to nourish it. This kit can help you heal yourself with plants your ancestors used.



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