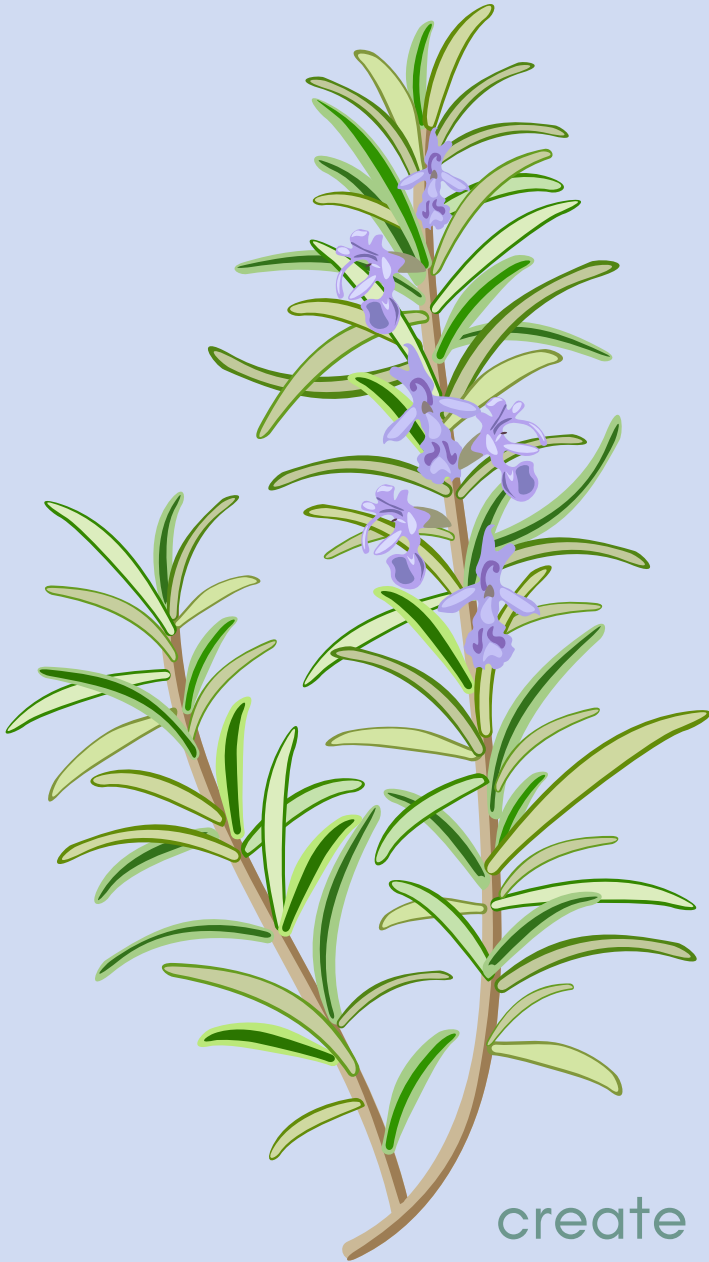


# Herbs: Rosemary Cheat Sheet



chew a few sprigs  
to sooth a sore throat

associated with the  
goddess aphrodite

easy to grow in pots  
for year round use

in Latin translates to  
"Dew of the Sea"

loves hot, dry weather

create rosemary water with a few  
springs and some lemon slices

find out more about this magical herb here



Spiritual Binding Herbs - [spiritualbindingherbs.com](http://spiritualbindingherbs.com)