



Top 12

Plants & Remedies
for Wellness &
Stress Management

Erika Ramelli



Hi!
I am Erika



First of all.

I have a confession to make:

As an herbalist and plant lover, you have no idea how HARD it was to only select 12 plants amongst the billions of plant-friends we have!

This small guide shares my personal life-saving “must-haves”!

Please purchase them from reputable growers, ensure they are organic and pesticide free.

You can use them in a plethora of forms!

*Cooking - Tea & Infusions - Poultice - Salves - Smudging sticks -
Essential Oils - Tinctures - Home gardens - Decoration & MUCH MORE!*

Be intuitive & have fun!



International Medicine Woman, Author, Master Herbalist, Vibrational Healer and founder of Better Humans.

Born with hyper-sensorial abilities, Erika now teaches conscious lifestyles across the globe.

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The Categories

SEEDS:

Cacao, Cardamom, Fennel, Kalonji, Pumpkin, Star Anise ...

ROOTS:

Ashwagandha, Beets, Dandelion, Ginger, Ginseng, Maca, Turmeric...

FRUITS:

Avocado, Chile, Goji, Noni, Uchuvas, Vanilla ...

LEAVES:

Basil / Tulsi , Camellia Sinensis, Gynostemma, Mints, Oregano, Passion Flower, Rosemary, Sage ...

FLOWERS:

Calendula, Cloves, Hibiscus, Lavender, Rose (& Hips), Saffron ...

MUSHROOMS:

Cordyceps, Chaga, Psilocybin, Reishi, Lion's Mane ...

BARK:

Cinnamon, Pau d'arco, Witch hazel ...

My Top 12 Plants for wellness & Stress Management



The plants you choose can propel your practice to the "next-level"

1. Cacao (Fruit/seed)
2. Ashwagandha (Root)
3. Dandelion (All: Root/leaves, flower)
4. Ginger (Root)
5. Turmeric (Root)
6. Chili (Fruit/seed)
7. Camellia Sinensis (Leaves)
8. Gynostemma (Leaves)
9. Mint (Leaves)
10. Reishi (Mushroom)
11. Passion Flower (Leaves)
12. Cinnamon (Bark)

Purpose - Ideas



Kickstart Your Day:

Matcha/Cacao Agave

Ginger & Lemon

Pu-erh

Coffee, Cardamom, Beet powder

Arthritis (Rheuma. & Osteo):

Ginger 1-2 grams daily

Turmeric 1.200 gr

Capsaicin

Fennel Seeds

Baby Colics: Fennel/ Chamomile/ Melissa

Fatigue:

Cacao / Tea (Camellia Sinensis) / Maca / Gynostemma / Goji

Emotional Balance:

Rose infusion (not from the store due to the pesticides)

Golden Milk

Saffron

Sleep and relaxation:

Passion flower, Mint, Hops, Fennel, Star Anise, Gotu Kola

Brain Boost:

Lion's Mane, Ashwagandha, Rosemary, Sage

Detox:

Dandelion, Hibiscus, Fennel, Neem & Turmeric honey pebbles

LIFE HAPPENS - PLANTS REBALANCE
RECIPES



Journal

PART 2
NOTES

Plants are my friends

reference sheet

____/____/____

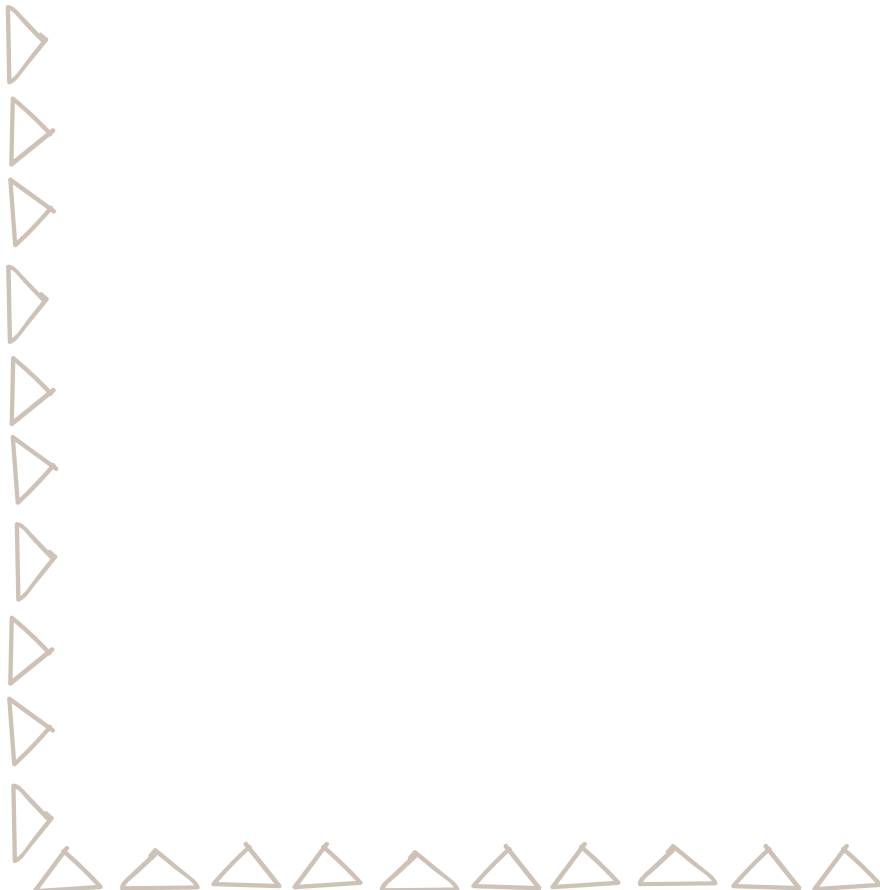
Focus	
Pain inflam.	
Detox	
Fatigue	
Moontime	
Sleep	

Today's Practice



Please draw or describe your feelings & the space you are in
(Use all your senses)

What do you need or want in order to feel more balanced and supported?



Our Mantra



I AM

A VEHICLE OF ABSOLUTE ABUNDANCE,
OF INDESTRUCTIBLE HEALTH,
OF INVINCIBLE PROTECTION,
& OF ETERNAL DIVINE LOVE

I DISINTEGRATE ALL ENERGIES NOT IN ALIGNMENT
WITH MY HIGHER SELF.

I AM FEARLESS!

I COMMAND MY CELLS TO REPAIR!
MY THOUGHTS, MY WORDS AND MY ACTIONS ARE ALIGNED
TO MY EMPOWERED INNER TRUTH.

I EASILY ATTRACT THE PEOPLE, PLACES AND OPPORTUNITIES
THAT BRING FORTH MY DIVINE PURPOSE!

I AM INTUITIVE. I AM ADAPTABLE.

I SEE ONENESS MANIFESTED IN ALL.

IN KINDNESS;

SO BE IT, SO BE IT, SO IT IS !! "

@ERIKARAMELLI

A PROFOUND
DECLARATION TO
ACTIVATE REALIZATION

REPEAT IT AS OFTEN AS POSSIBLE

THANK YOU



If you would like to continue on this conscious path & access more coaching materials, wellness tips, meditation guidance, herbal wisdom and more, I welcome you to join our HIGH-VIBE TRIBE! I look forward to our journey into Self-Mastery!



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