

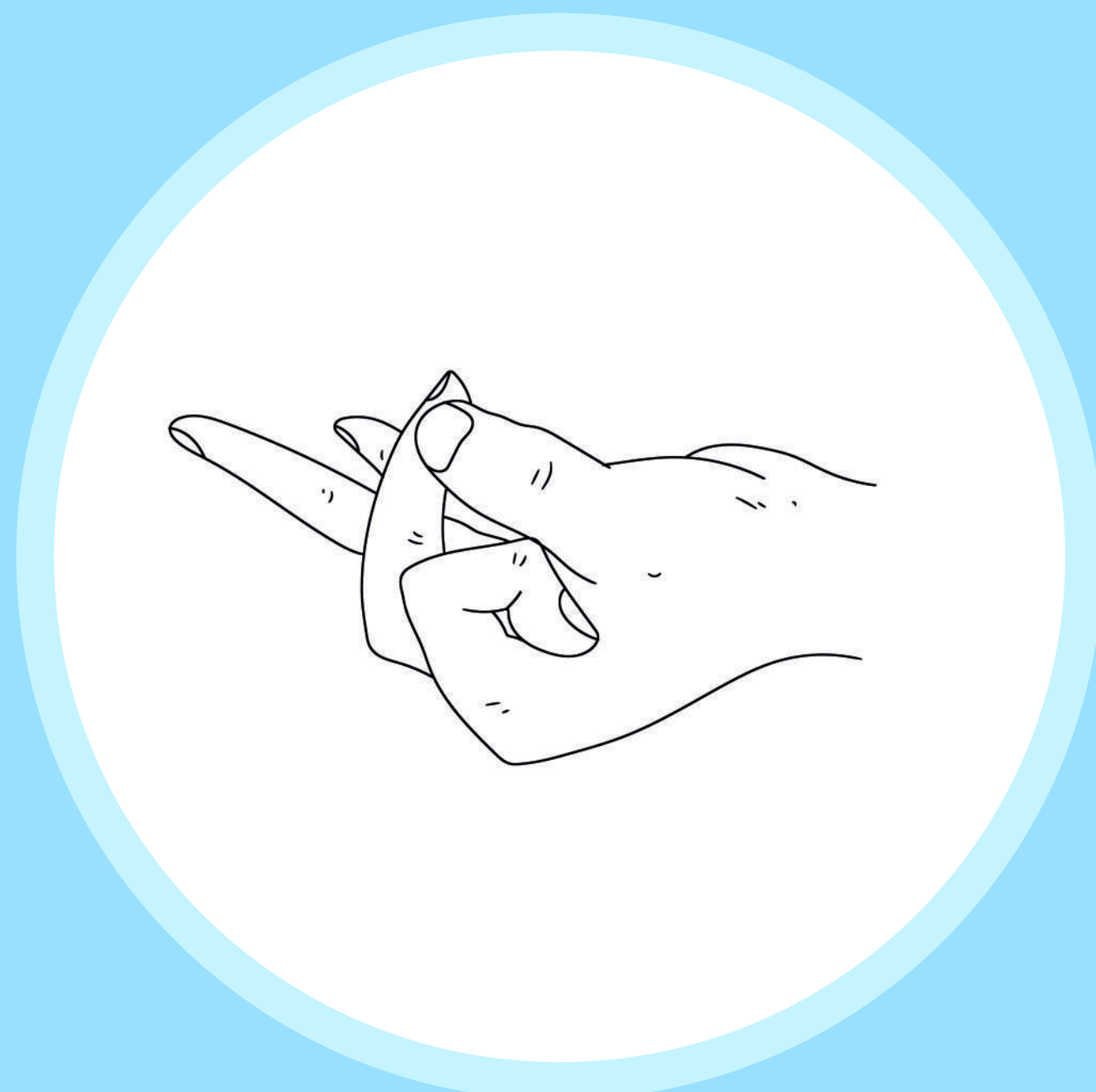
Allergies (p. 1 of 5)



Trikatu
(long pepper, black pepper,
and ginger)



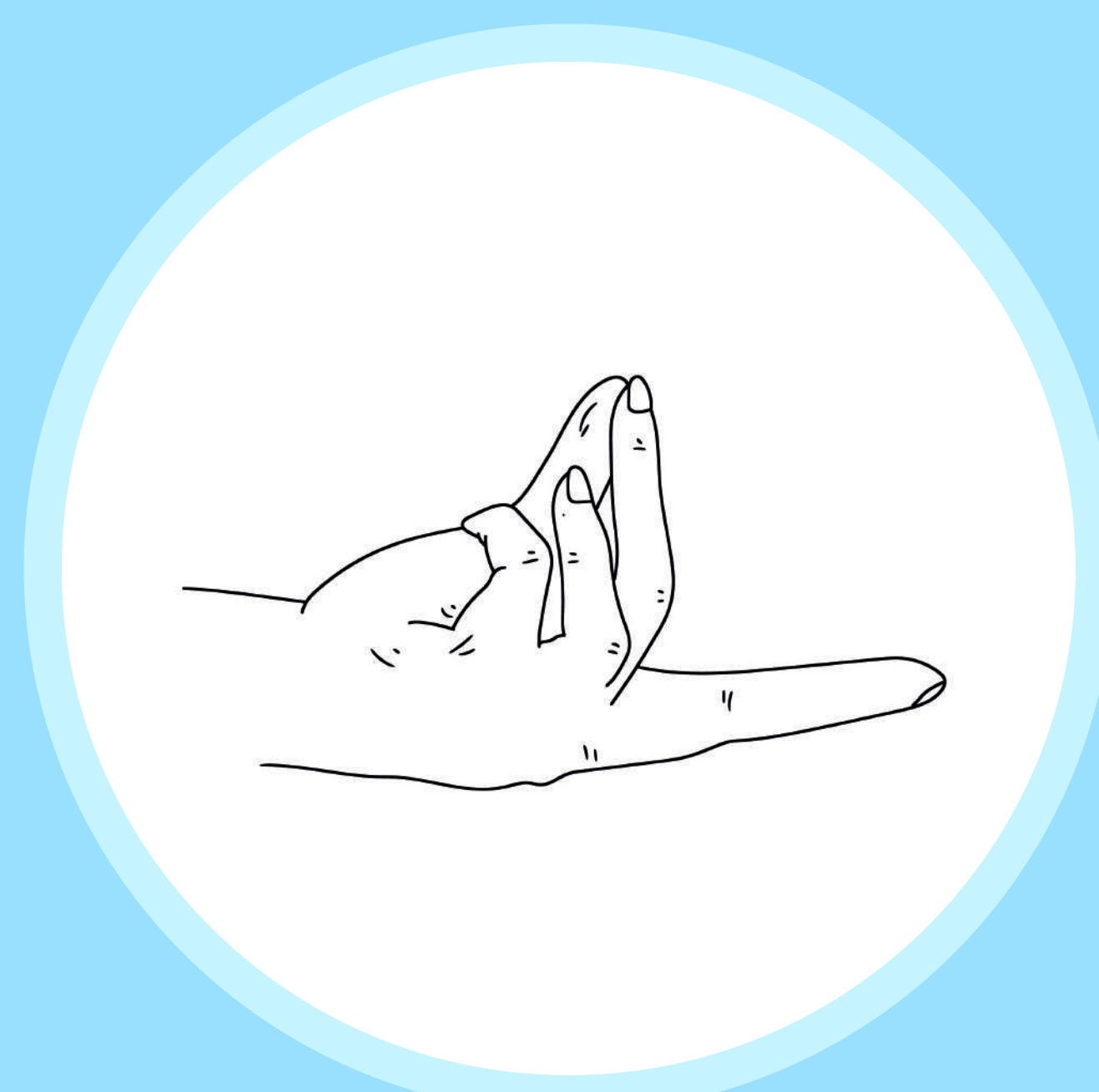
Asthma Mudra



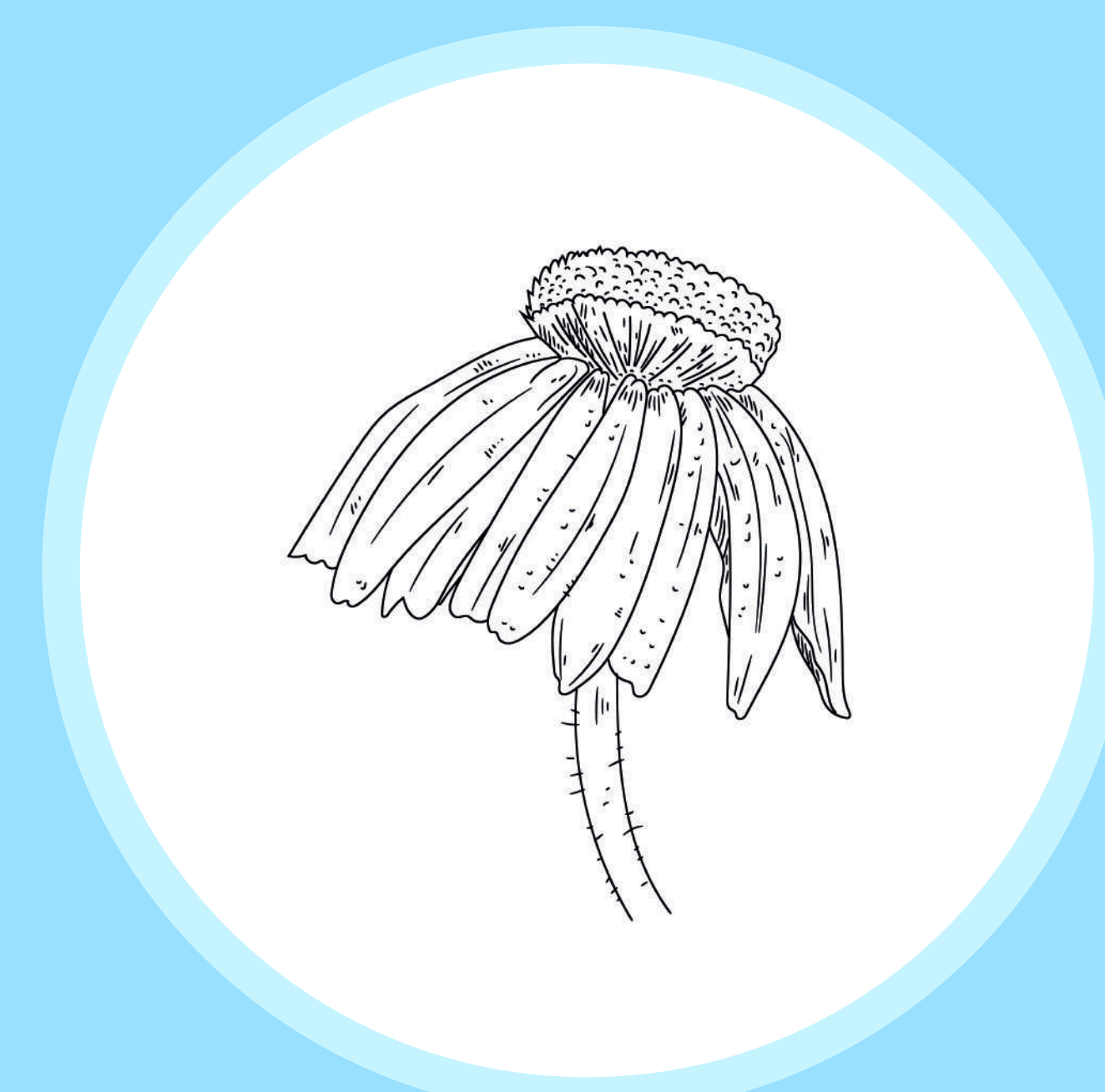
Bhramara Mudra



Black Cumin

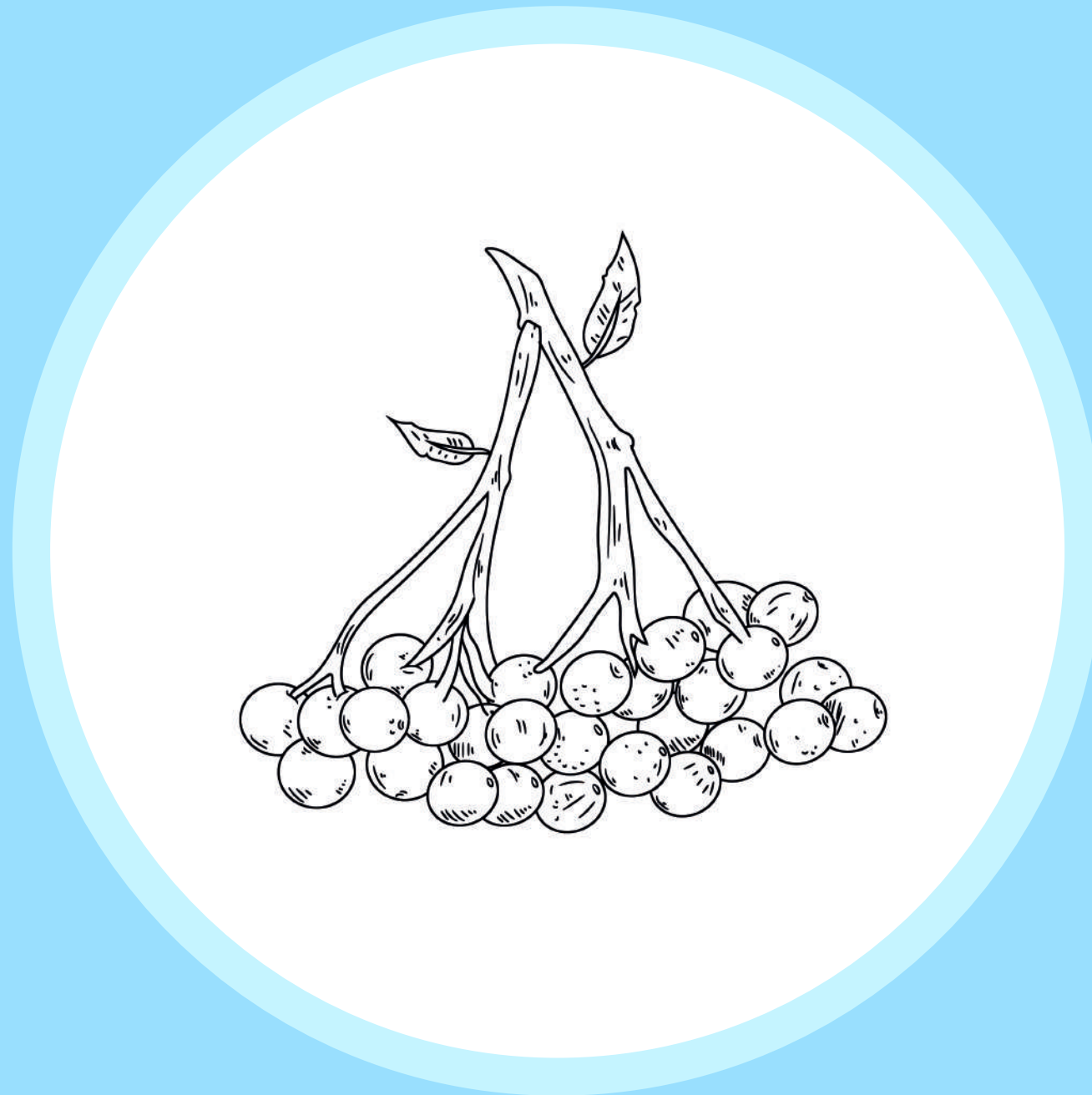


Bronchial Mudra



Echinacea

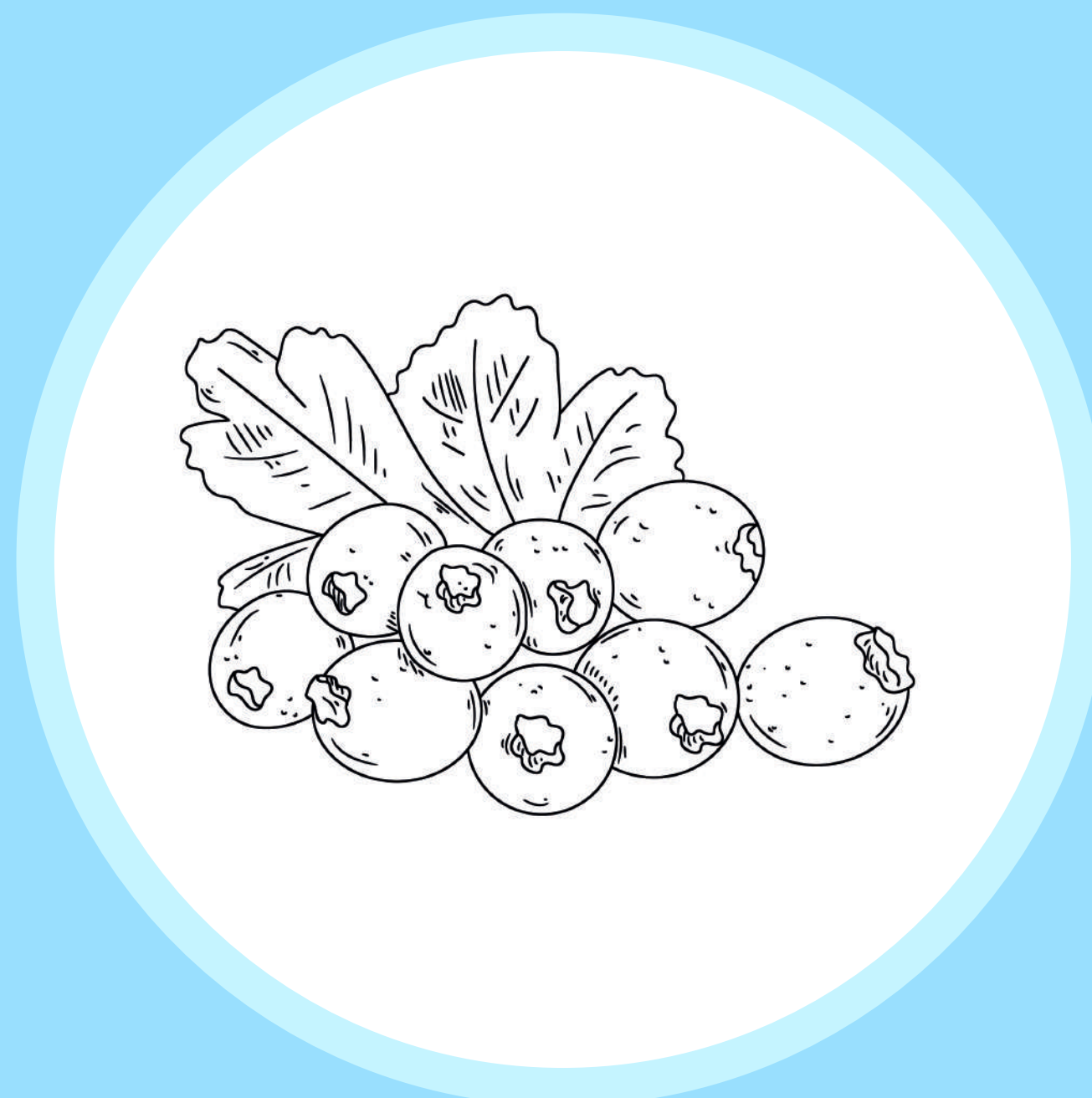
Allergies (p. 2 of 5)



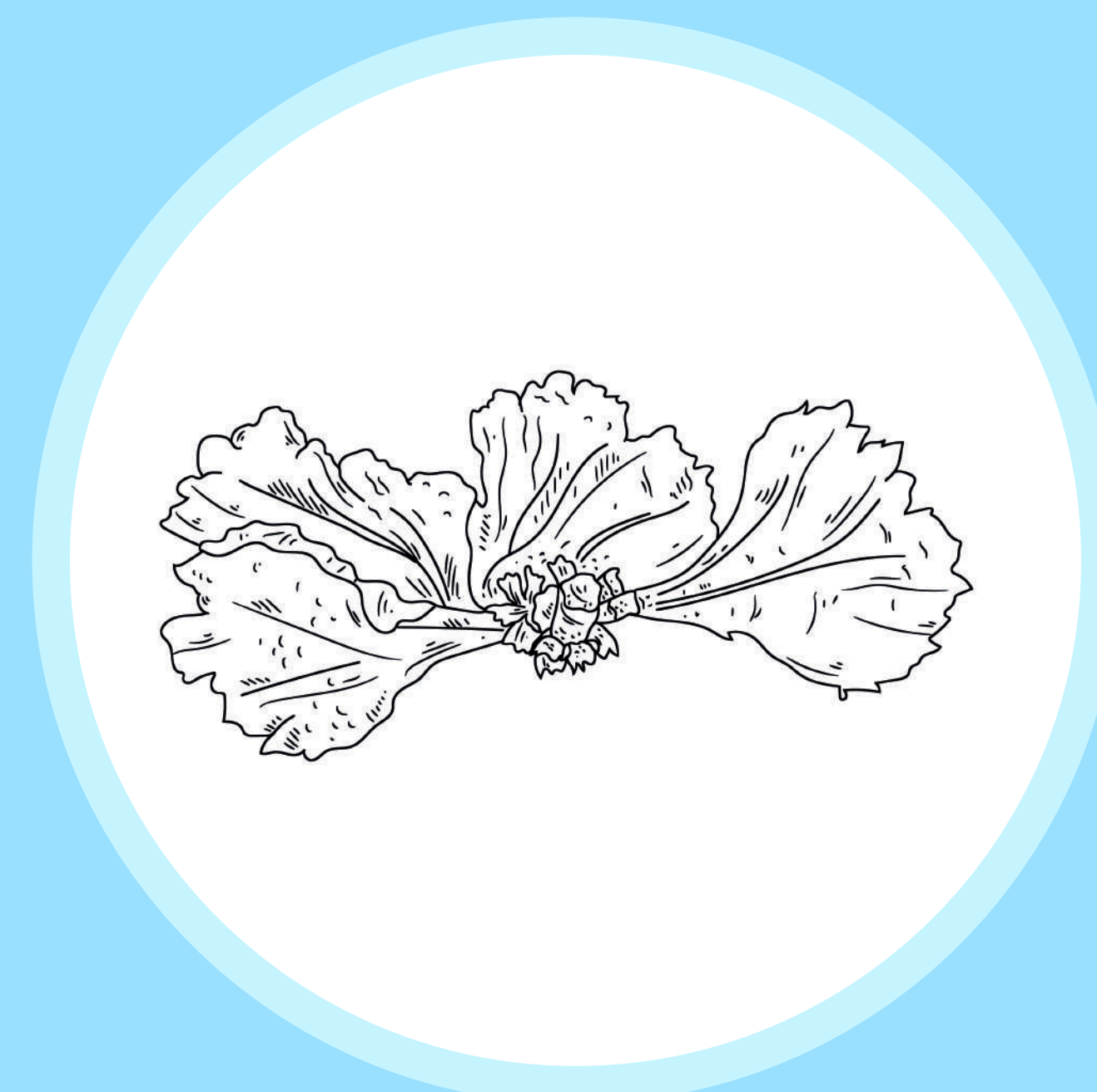
Elder



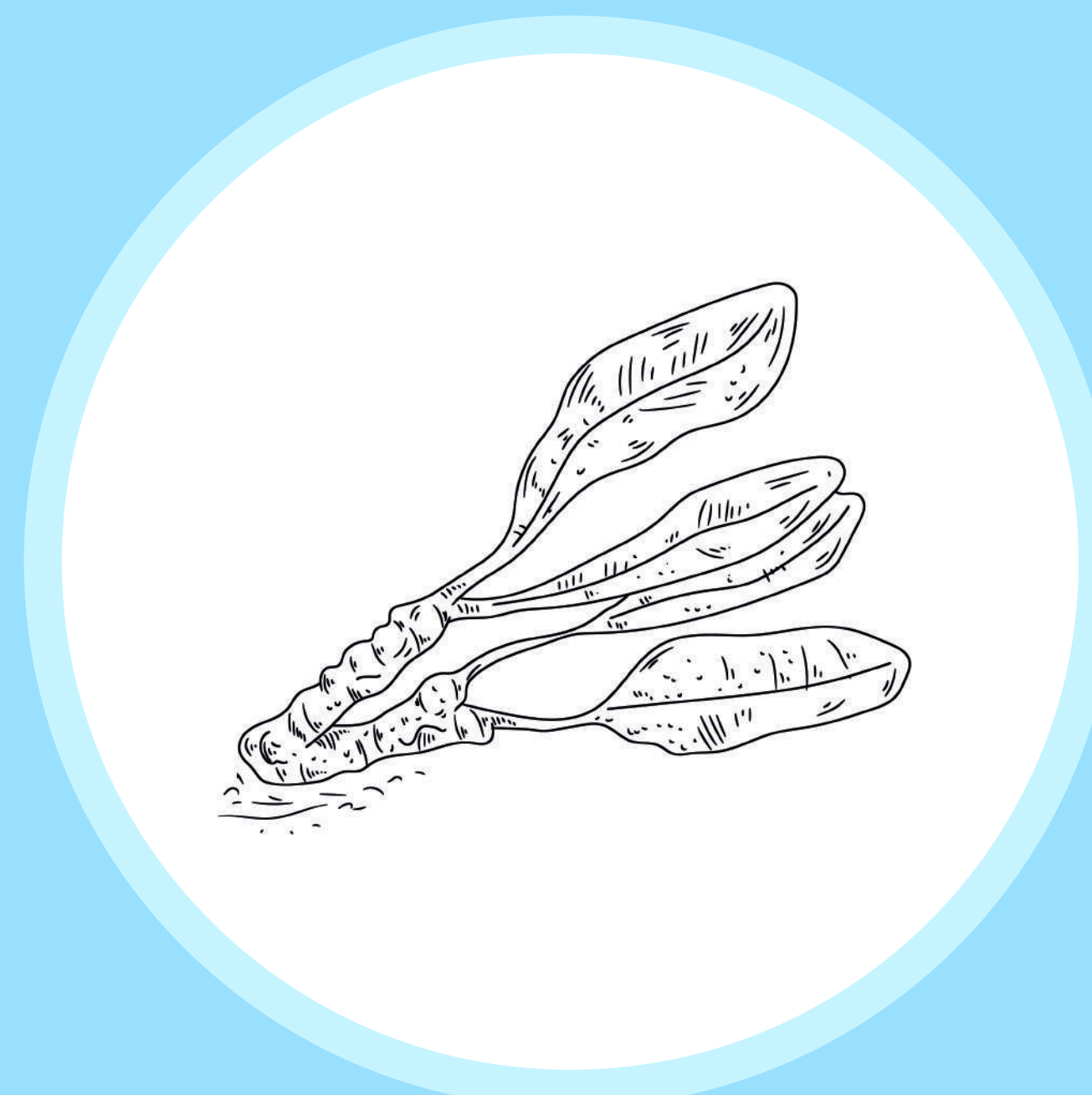
Ganesha Mudra



Hawthorn



Horehound



Horseradish



Hakini Mudra

Allergies (p. 3 of 5)



Ksepana Mudra



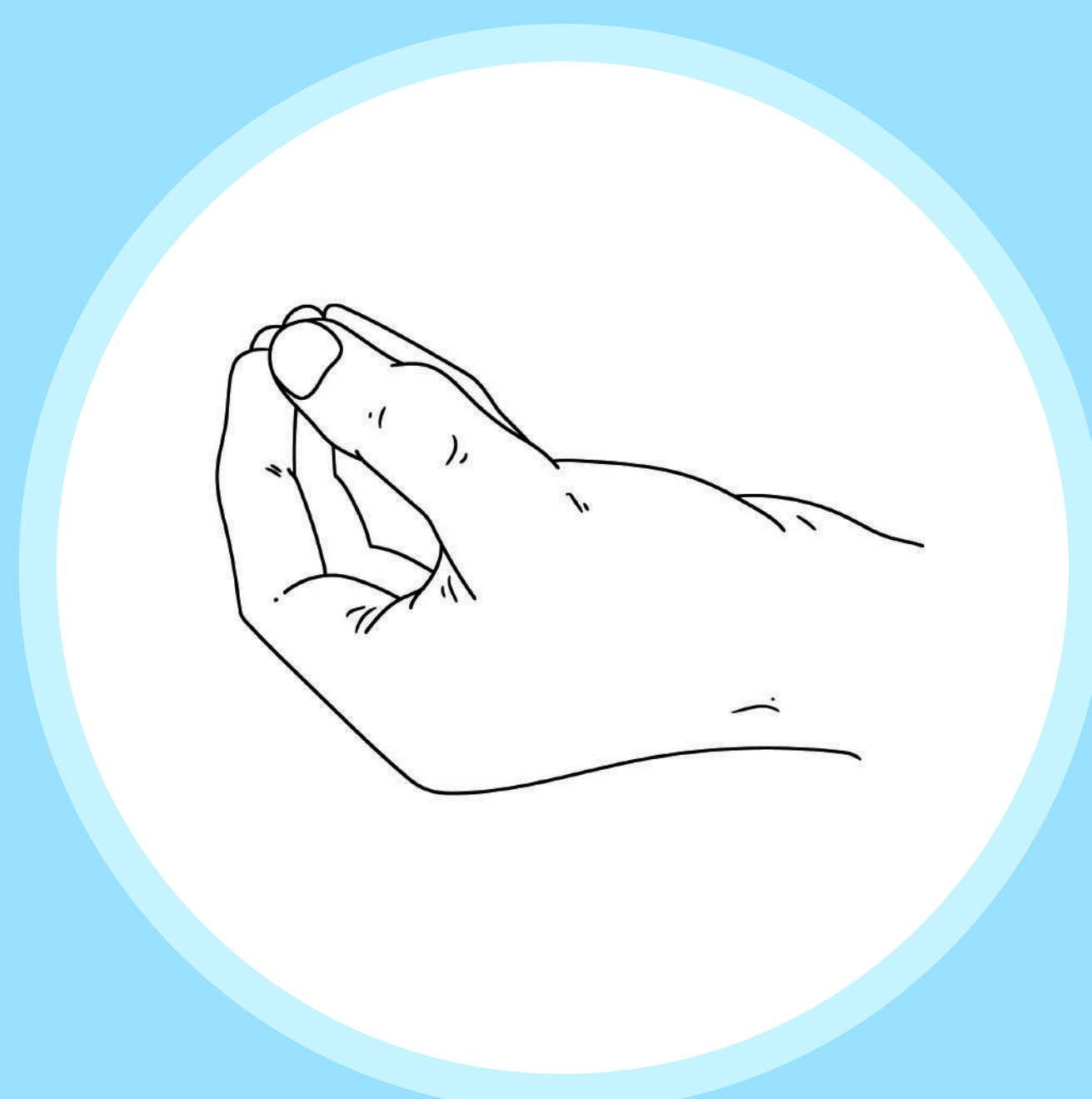
Large Bottle of Water



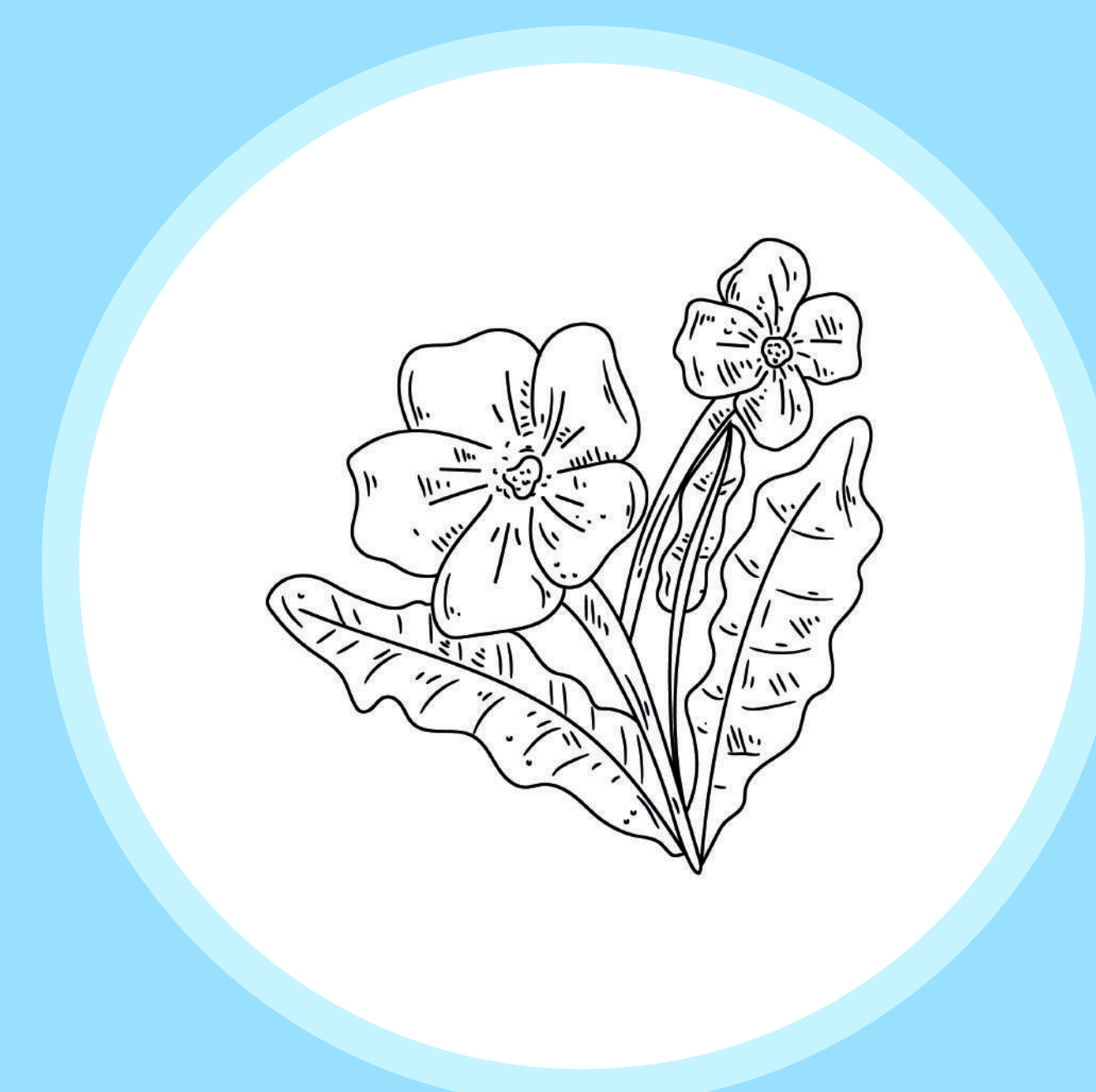
Linga Mudra



Lungwort



Mukula Mudra

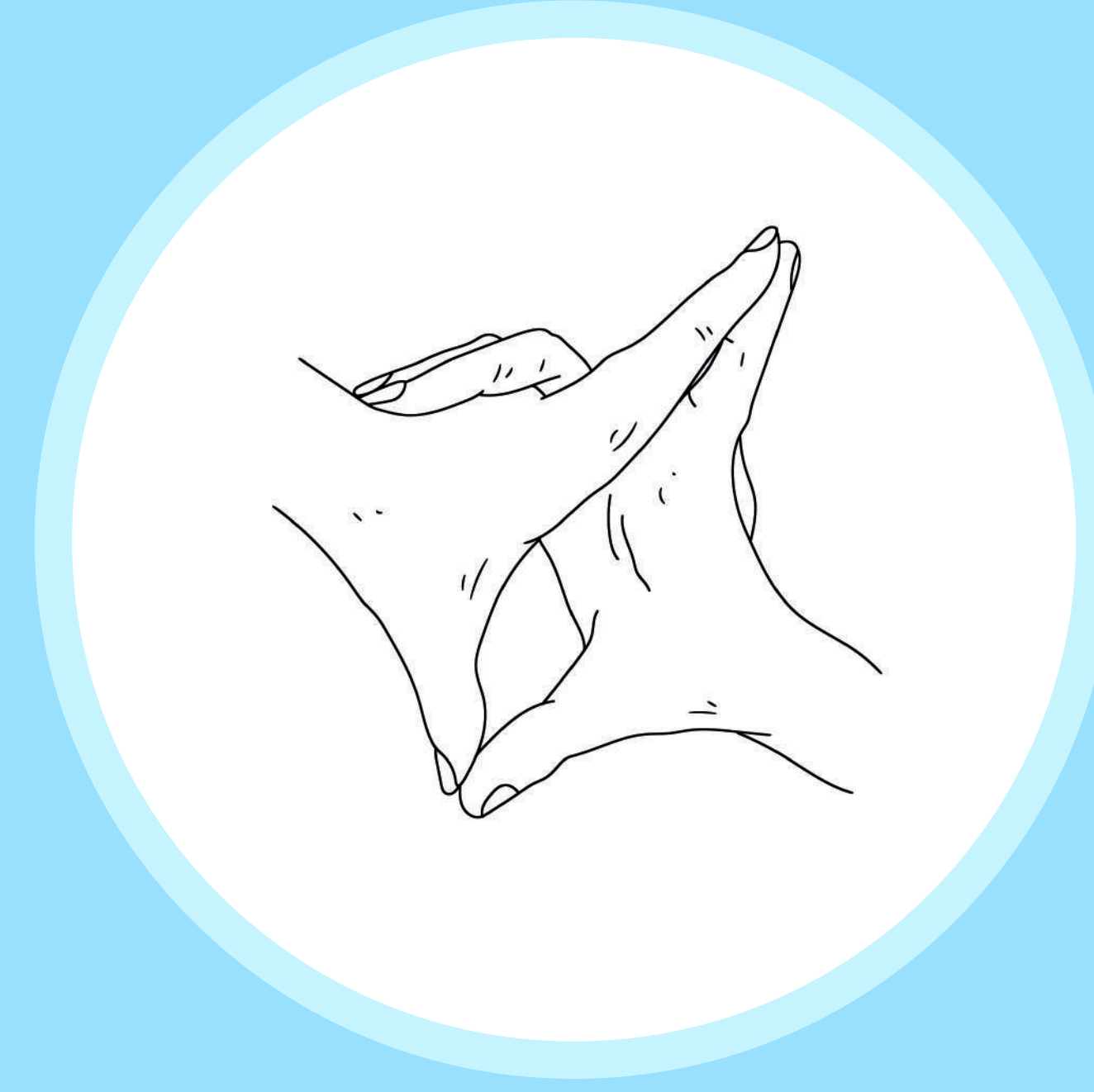


Primrose

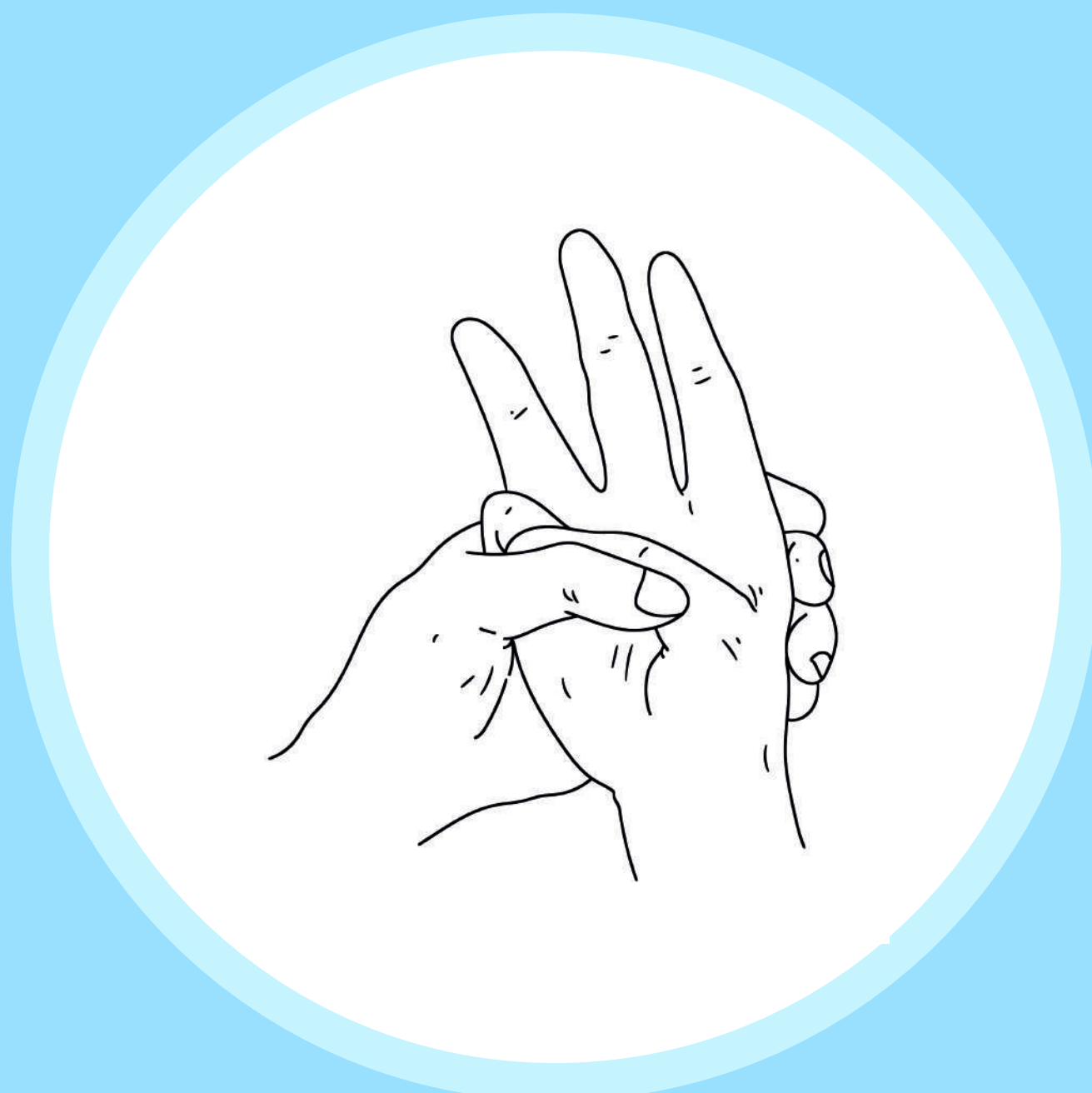
Allergies (p. 4 of 5)



Thyme



Uttarabodhi Mudra



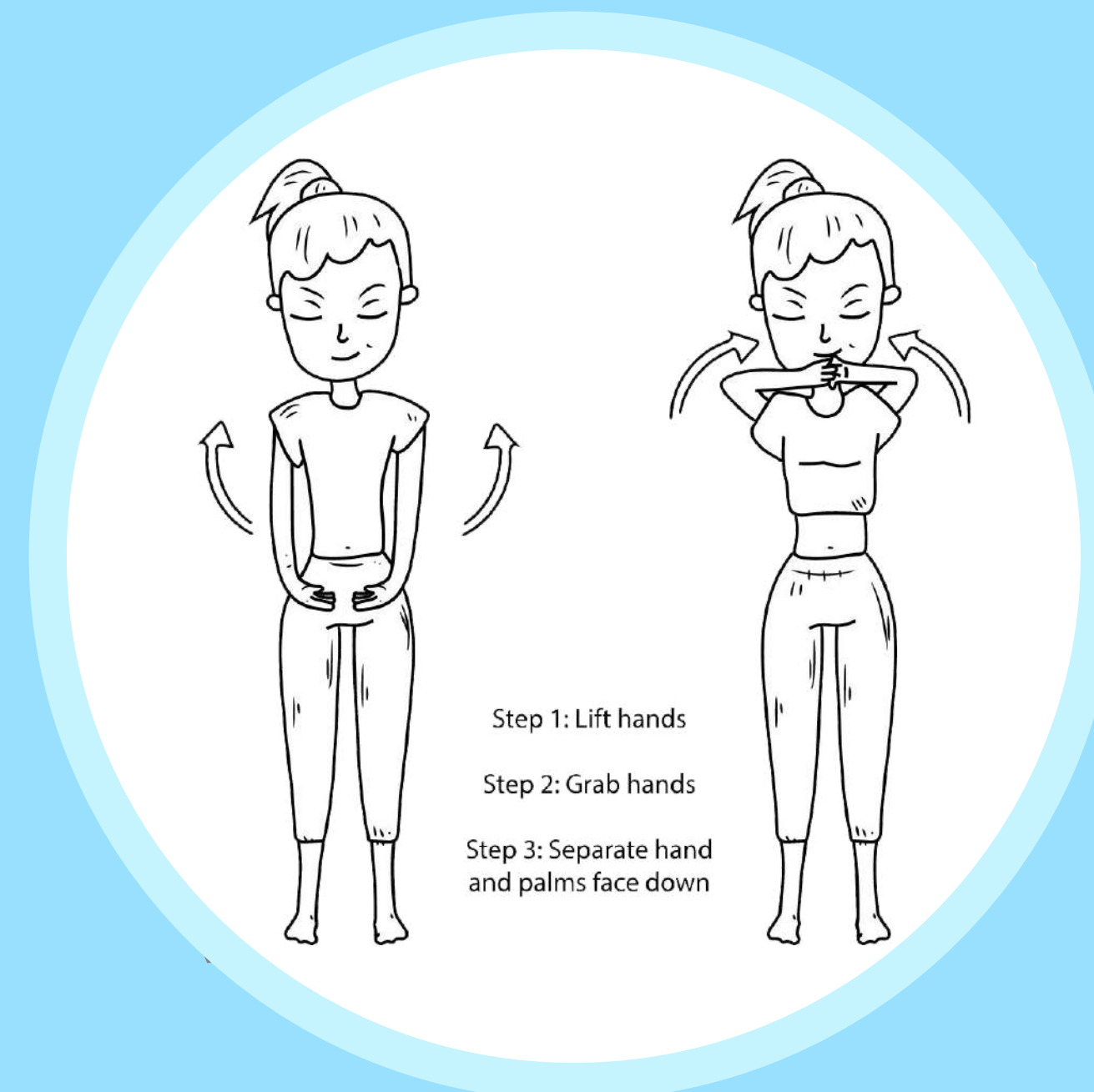
Varuna Mudra



Low FODMAP Diet

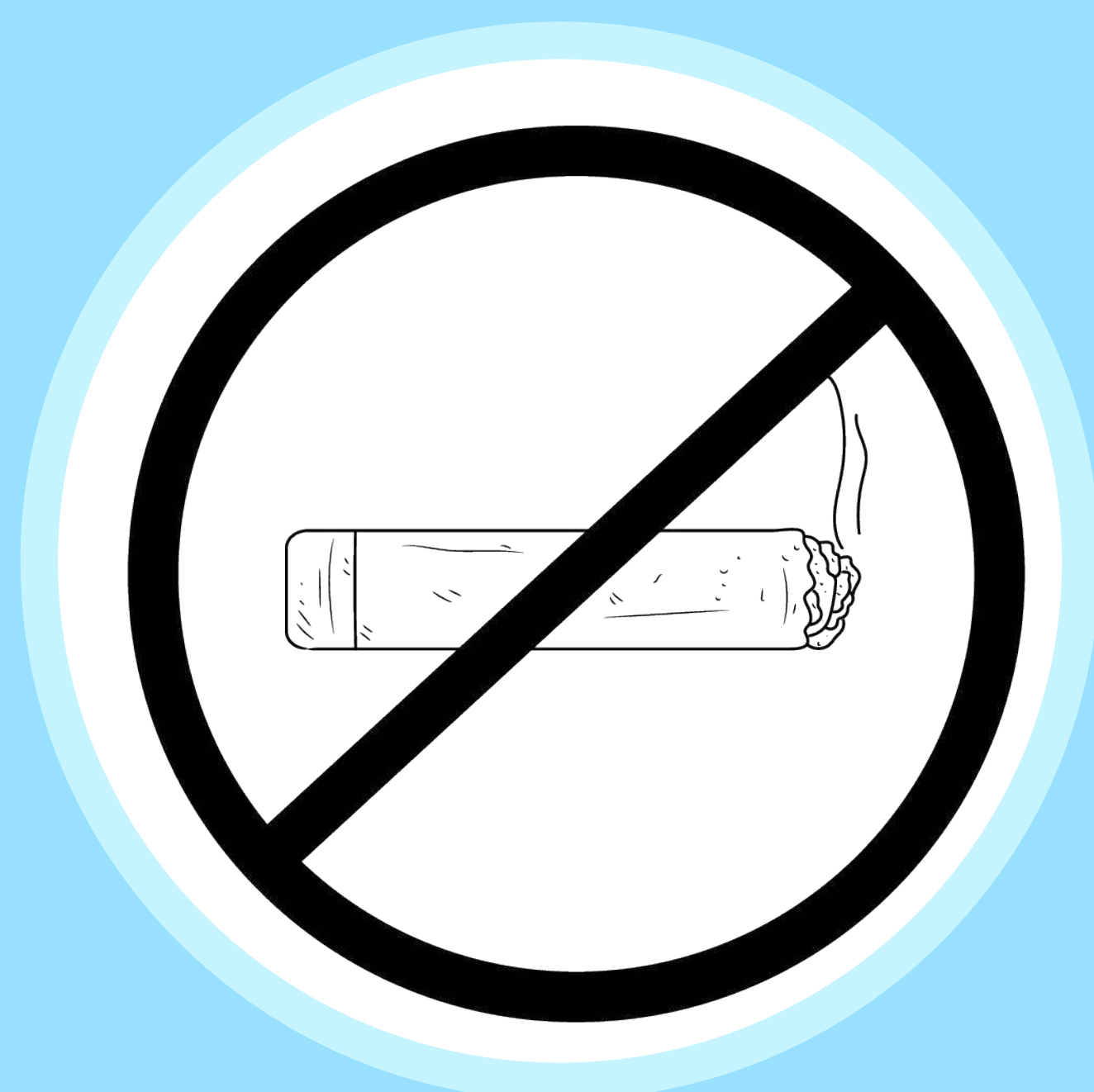


See Anxiety and Insomnia Poses



Wei Tuo Present Pestle 1

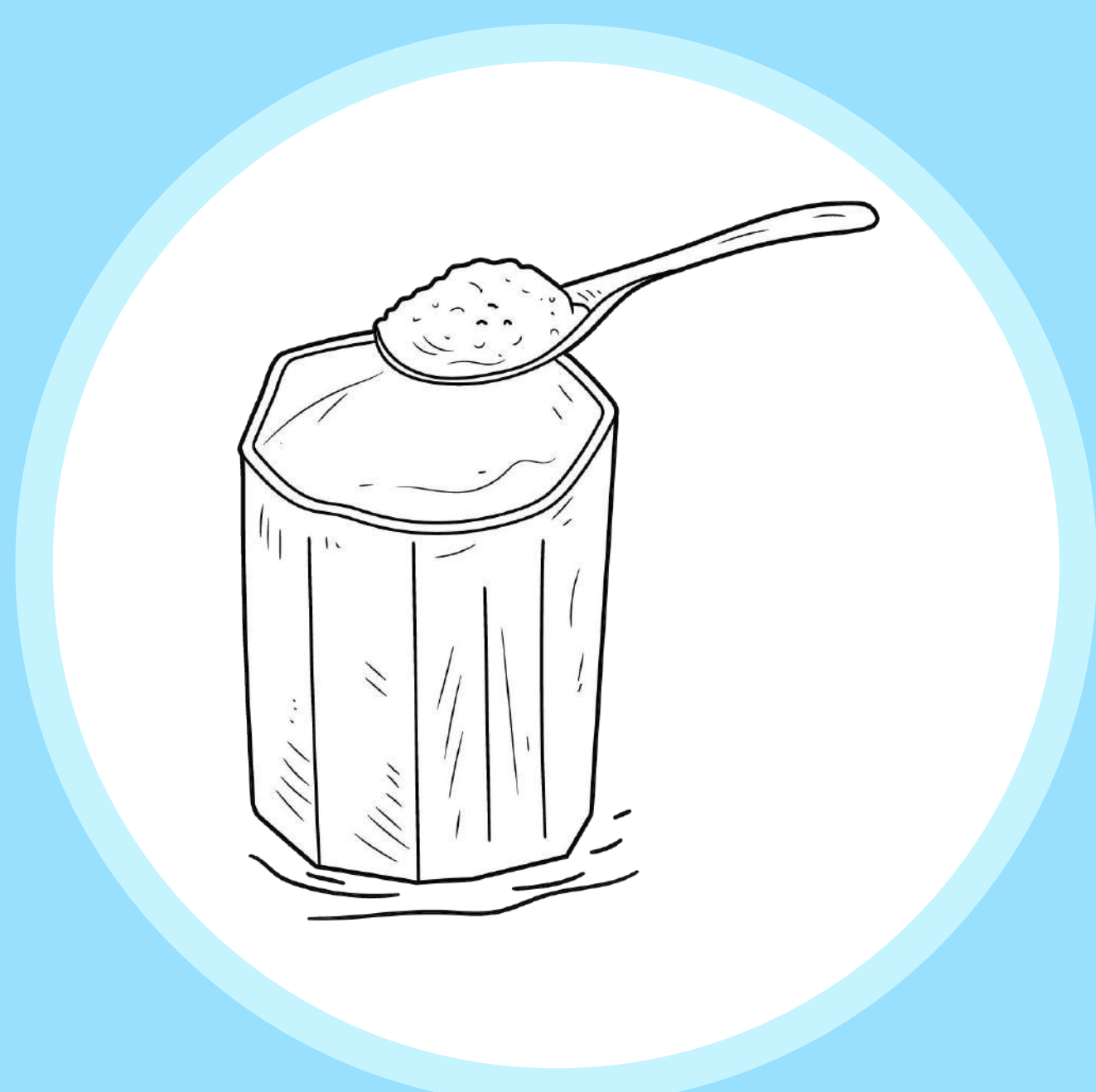
Allergies (p. 5 of 5)



Don't Smoke



Limit Sugar



Gargle Salt Water