

PENNYROYAL

Meaning: Pennyroyal is a perennial herb of the mint family, known for its aromatic leaves and traditional use in herbal remedies, particularly for digestive health.

1. Pennyroyal is often used in herbal remedies for its potential digestive benefits.
2. The garden was fragrant with the scent of blooming pennyroyal, attracting butterflies and bees.
3. In traditional medicine, pennyroyal was sometimes employed to relieve headaches and nausea.
4. Pennyroyal tea can be made by steeping the fresh or dried leaves in hot water.
5. Caution is advised when using pennyroyal, as it can be toxic in large quantities.

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