

# UKRAINE HERBAL SOLIDARITY

Ukraine Herbal Solidarity is a grassroots project supporting refugees from Ukraine with herbal medicine. We are a team of Ukrainian and international herbalists with medicines grown, made and donated from all over the world.



We offer medicine for resilience such as immune support, stress support and COVID 19 support. Items include:

- Tinctures for stress and sleep (valerian, skullcap, hawthorn & rose)
- Teas to support the nervous system (chamomile, lemon balm, lime flowers)
- Lavender oil for sleep
- A nutritive tea blend (nettle, dandelion, oatstraw, raspberry leaf)
- Elderberry syrup for coughs & colds
- An immune tonic (ginger, echinacea, elderberry, turmeric, thyme)

Refugees are welcome to contact us directly for medicines. We can also offer more individualised support with a clinical herbalist.

**Ukraine Herbal Solidarity can also donate medicines to projects who can distribute them to refugees in their networks.**

Please contact us at [ukraineherbalsolidarity@protonmail.com](mailto:ukraineherbalsolidarity@protonmail.com)

**- Solidarity knows no borders! -**