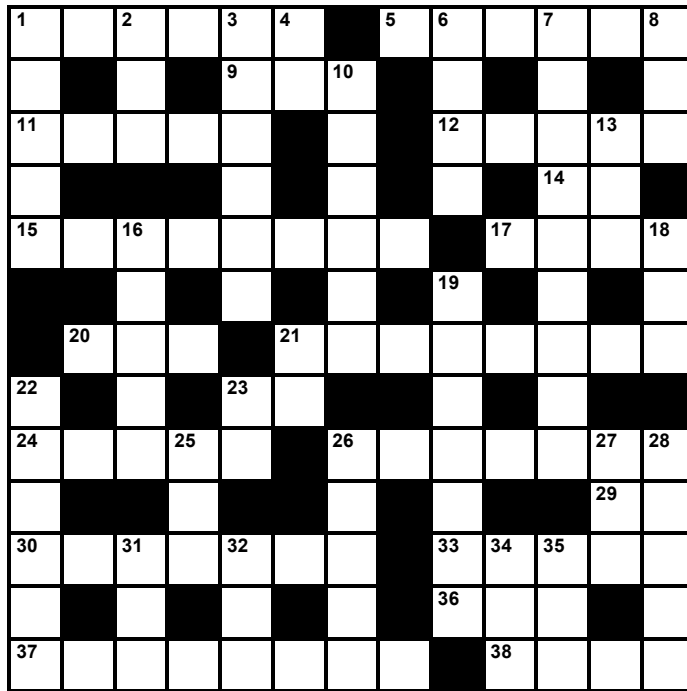


Crossword by Myles Mellor



Across

- 1 Mucus/inflammatory causing substance
- 5 Relating to the use of medicinal plants
- 9 Satisfied
- 11 Bitter
- 12 Plum center
- 14 You and me
- 15 Releases, as a gland does
- 17 ___ microbial
- 20 Oil or oregano may be a weapon to fight this common illness
- 21 Aka Vitamin B1
- 23 North eastern state
- 24 Irritated
- 26 Cholesterol reducing cereal
- 29 Complete
- 30 ___ intolerance, allergic reactions to milk sugar
- 33 Mediterranean meat
- 36 Compass point
- 37 Most succulent
- 38 Oolong and chamomile

Down

- 1 Overall targets, with a diet for example
- 2 Deplete
- 3 Insignia
- 4 ___ plus ultra
- 6 Relieve
- 7 Gluten-free alternative grain (2 words)
- 8 Be supine
- 10 Separate seeds from grain
- 13 Tennis equipment
- 16 Abdominal pain
- 18 Cool down
- 19 Mushroom nicknamed "hen of the woods"
- 21 Power in a person according to the Tao
- 22 Ancient grain, rich in manganese and magnesium
- 23 "I did it ___ way" Frank Sinatra
- 25 A ___ potato!
- 26 Baking devices
- 27 Difficulty
- 28 Lung divisions
- 31 Kind of lettuce
- 32 Kimono belt
- 34 Organized insect
- 35 Honey maker