

Making the Most of Commonly Grown Herbs



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Garden Gifts and Collectibles

Hand-crafted Soaps and Natural Skin Care Products

Disclaimer

- Disclaimer: **This information is intended for informational purposes only.** It is not meant as options for curing or treating any health condition. Pregnant women and those with chronic health issues should **always** consult their physician **before** beginning any supplement or regimen. Not intended for Use by Children unless administered by an adult over the age of 18.

Our Herbal Journey

- **Five of the Most Commonly Used and Easily Grown Herbs**
 - Nutritional Benefits of Herbs
 - Great Combinations of Herbs for Energy, Relaxation and Optimal Health
 - Culinary, Medicinal and Aromatic

Basil

- Great infused in Watermelon Juice
- Excellent Source of Vitamins A,K, C and Manganese
- Rich in Antioxidants
- Antibacterial properties
- Research showed the natural volatile oils inhibited multiple drug resistant strains of E-coli bacteria
- Makes a great breath freshener



Chamomile

- Makes a soothing hot bedtime tea to soothe insomnia
- Sweet apple scent and flavor
- Contains High Amounts of Azulene
 - Anti-bacterial and Anti-inflammatory properties



Dandelion



- Packed with Essential Vitamins, Minerals and Antioxidants
- Iron
- Potassium
- Beta Carotene
- A,C,D – The D helps to build bones and ward off osteoporosis
- Roots, Leaves and flowers are all edible

Lemon Balm

- Makes a Tasty Lemonade – Hot or Cold
- Calms the Senses
- Soothes the Nerves
- Provides relief from Headaches
- Great for creating a salves, lotions and creams



Peppermint



- Contains Menthol and Decongests
- Loosens Phlegm and Breaks up Coughs
- Cools the Body
- Can Help to Break a Fever
- Renews and Refreshes the Senses
- Digestive Aid
- Soothes Indigestion (except acid reflux)
- Treats Irritable Bowel Syndrome

Sage

- Highly-Effective for Treating Sore Throats and Sore Throat Symptoms
- Anti-microbial Properties Help to Fight Off Colds
- Clearing Bad Energy from the Environment





Resources and Photo Credits

Herb Quarterly – Odgen Publications
Wikipedia
www.Mt.Sinai.org

Herb Photos

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