HEALTH BENEFITS OF HERBS

BY SAM NDERITU

HEALTH BENEFIT OF MULBERRY LEAVES

- Help lower blood sugar, cholesterol, and inflammation levels.
- Anticancer; against human cervical and liver cancer
- Liver: test-tube and animals studies have determined that mulberry leaf extract may protect liver cell from damage and reduce live inflammation
- Weight loss; leaves may increase fat burning and promote weight loss
- Consistent skin tone: mulberry leaf extract may prevent hyper pigmentation or patches of dark skin and naturally lighten skin tone.

HEALTH BENEFIT OF MINT

- Rich in nutrients
- May improve irritable bowel syndrome
- May help relieve indigestion
- Improve brain functions
- May decrease breast feeding pain
- Subjectively improves cold symptoms
- Easy to add to your diet

HEALTH BENEFITS OF CELERY

- Celery is rich in vitamins and minerals with low glycemic index. It has vitamin A, K and c plus minerals like potassium and folate when you eat celery.
    - Celery is a great source of important antioxidants
    - Celery reduce inflammation
    - Celery supports digestion
    - Celery has an alkalizing effect

HEALTH BENEFITS OF PARSLEY

- Contains many important nutrients
- Rich in antioxidants
- Supports bone health
- Contains cancer fighting substances
- Rich in nutrients that protect your eyes
- May improve heart health
- Parsley extract has antibacterial properties
- Easy to add to your diet

HEALTH BENEFITS OF SPEAR MINTS (MENTHE SPICATA)

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HEALTH BENEFITS OF HERBS

BY SAM NDERITU

- Good for digestive upsets
- High in antioxidants
- May aid women with hormone imbalances
- May reduce facial hair in women
- May improve memory
- May lower blood sugar
- May help reduce stress

BACKED BENEFIT OF PEPPER MINT

- May ease digestive upsets
- Pepper mints may relieve digestive symptoms such as gas, bloating and indigestion
- May help relieve tension headaches and migraines
- May freshen your breath
- May relieve clogged sinuses
- May improve energy
- May help relieve infection
- May improve your sleep

BENEFITS OF ARTEMISIA

- Artemisia species are widely used in traditional medicine all over the world with different and well known therapeutic application. They exhibit. Anti-inflammation, antitumor, antioxidant, antispasmodic, antimicrobial, insecticidal, antimalarial, antifungal and anti-oxidant activities.

HEALTH BENEFIT OF ROSE MARY

- Rich of antioxidants and anti-inflammatory
- Boast the immune system
- Help to improve memory performance and quality
- Boast alertness, intelligence and focus
- Lower blood sugar
- Protect vision and eye health
- Boost weight loss
- Promote digestion
- Promote hair growth

BENEFIT FOR FENNEL SEED

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HEALTH BENEFITS OF HERBS

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- Fennel rich in fiber
- Antimicrobial, component naturally available in both fennel plants and fennel seed.
- ❖ Antibacterial properties
- ❖ Antifungal qualities
- ❖ Anti- inflammation properties
- Weight loss
- Cancer prevention
- Increase milk for breast feeding woman

Nutrition: in addition to their other health benefit fennel seeds are rich in:

- Vitamin c
- Calcium
- Iron
- Magnesium
- Potassium

HEALTH BENEFIT OF DILL

- Rich antioxidants both seed and plants are rich in several plant compounds with antioxidant properties, including;
    - Flavonoids: these plant compounds have been associated with a reduced risk of heart disease, stroke, and some forms of cancer.
    - Terpenoids: these compounds are found in essential oils and may protect against liver, heart, kidney and brain disease
    - Tannins: responsible for bitterness in plant foods, tannins have been shown have potent antioxidant properties, as well as antimicrobial effect
    - Heart health
    - Lower blood sugar levels
    - Have anticancer properties

BENEFITS OF SAGE SUPPLEMENTS

- Relieving headache and sore throat pain
- Reducing oxidative stress in the body
- Protecting against free radical damage
- Reducing inflammation
- Protecting against bacterial and viral infection
- Supporting digestion
- Protecting against memory loss
- Reducing depression or improving mood

BENEFITS OF CUMIN

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- Contains antioxidants cumin seeds contain
- Naturally occurring substances that works as antioxidants
- Has anticancer properties
- May help treat diarrhea
- Helps control blood sugar
- Fights bacteria and parasites
- Has an anti-inflammatory
- May help lower cholesterol
- Aids in weight loss

BENEFITS OF CARDAMOM

- Antioxidants and diuretic properties may lower blood pressure.
- May contain cancer-fighting compounds
- May protect from chronic diseases
- May help with digestive problems, including ulcers
- May treat bad breath and prevent cavities
- May have antibacterial effects and treat infection

BENEFITS OF TROPICAL MINTS

- Rich in nutrient
- May improve irritable bowel syndrome
- May help relieve indigestion
- Could improve brain function
- May decrease breastfeeding pain
- Subjectively improves cold symptoms
- May mask bad breath
- Easy to add to your diet.

BENEFITS OF SPEARMINTS

- Good for digestive upsets
- High in antioxidants
- May aid women with hormone imbalances
- May reduce facial hair in women
- May improve memory
- Fights bacterial infection
- May lower blood sugar
- May help reduce stress

BENEFITS OF CHIA SEEDS

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HEALTH BENEFITS OF HERBS

BY SAM NDERITU

- Rich in fiber, antioxidants, minerals and heart-healthy omega-3 fatty acids. They have been linked to improvement in risk factors for heart disease and diabetes, as well as benefits for digestion and got healthy chia seeds are very easy to incorporate into a healthy diets it has 101 nutrition facts and healthy benefits
- Chia seeds deliver or massive amount of nutrients with very few calories
- Chia seeds are loaded with antioxidants
- Almost all the carbs in them are fiber
- Chia seeds are high in quality protein
- The high fiber and protein content in chia seeds may help you lose weight
- Chia seeds are high in omega-3 fatty acids
- Chia seeds may lower your risk of heart disease
- They are high on many important bone nutrients
- Chia seeds many reduce blood sugar levels
- They may reduce chronic inflammation
- Chia seeds are easy to incorporate into your diets.

BENEFITS OF COMFREY

- Comfrey is used as a tea for upset stomach, ulcers, healthy menstrual periods, diarrhea, blood urine, persistent cough, painful breathing (pleuritis) bronchitis, cancer and chest pain (angina). It is also used as a gargle for gum disease and sore throat.
- Comfrey is applied to the skin for ulcers, wounds, joint inflammation, bruises, rheumatoid, arthritis, swollen vein(phlebitis) gouts and fractures

BENEFITS OF COLGATE MINTS

- Fights bacteria on teeth, tongue, cheeks and gums for whole mouth health
- Colgate total clean mint toothpaste offers protection against plaque gingivitis, cavities, tarter bad breath, weakened enamel, sensitivity and strain

BENEFITS OF HIBISCUS

- ✓ Packed with antioxidants
- ✓ May help lower blood fat level
- ✓ May help lower blood pressure
- ✓ May boost liver health
- ✓ Could promote weight loss
- ✓ Contains compounds that help prevent cancer
- ✓ Could help fight bacteria
- ✓ Flavorful and easy to make

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HEALTH BENEFITS OF HERBS

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BENEFITS OF CHAMOMILE

- ✓ Reducing menstrual pain
- ✓ Treating diabetes and lowering blood sugar
- ✓ Slowing or preventing osteoporosis
- ✓ Reducing inflammation
- ✓ Cancer treatment and prevention
- ✓ Helping with sleep and relaxation
- ✓ Treating cold symptoms
- ✓ Treatment for mild skin conditions

BENEFITS OF NASTURTIUM

- This is both decorative garden annual as well as culinary herb
- Both leaves and petals of the nasturtium plant are packed with nutrition containing high level of vitamin E. it has the ability to improve the immune system tacking sore throat cough and colds as well as bacterial and fungal infection.

BENEFITS OF LEMON GRASS

- Clean the kidney, liver, pancreas, digestive tract and bladder
- Blood pressure
- Flu and clod
- Detoxifier
- Pain killer
- Stress
- Gout
- Fever
- Digestion
- Loss weight
- Anti-oxidant
- Diarrhea and stomachache
- Antibacterial and antifungal

BENEFITS OF FENUGREEKS

- For lowering blood sugar levels
- For boasting testosterone
- Increasing milking production in breastfeeding mothers
- Reduces cholesterol level
- Lower inflammation and help with appetite

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HEALTH BENEFITS OF HERBS

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BENEFITS OF DANDELION

- High nutrition
- Contain potent antioxidant
- May help fight inflammation
- May aid blood sugar control
- May reduce cholesterol
- May lower blood pressure
- May promote a healthy liver
- May aid weight loss

BENEFITS OF ORENGANO

- Rich in antioxidants
- May help fight bacteria
- Could have anti-cancer properties
- May help reduce viral infection
- Could decrease inflammation
- Easy to add to your diet

BENEFITS OF CORSICAN MINTS

- Corsican mints is used like any other mints for a variety of medical purposes
- It is antiseptic
- Used for fevers
- Digestion disorders
- Headache and minor ailments

BENEFITS OF PUNDINA MINTS

- Rich in nutrients
- May improve irritable bowel syndrome. Irritable bowel syndrome (IBS) is a common digestible tract disorder
- May help relieve indigestion
- Could improve brain function
- May decrease breast feeding pain
- Subjectively improves cold symptoms
- May mask bad breath
- Easy to add to your diet

BENEFITS OF LEMON BALM

- It can help relieve stress
- It can help reduce anxiety

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HEALTH BENEFITS OF HERBS

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- It may boost cognitive function
- It can help ease insomnia and other sleep disorder
- It may help treat cold sore
- It may help relieve indigestion
- It can help treat nausea
- It may help minimize menstrual cramps
- It may help ease headache pain
- It may help lessen toothache pain

BENEFITS OF WORM WOOD

- Used for various digestion problems such as loss of;
    - Appetite
    - Upset stomach
    - Gall bladder disease
    - Intestinal spasms
- It's also used to treat fever, liver diseases, depression, muscle pain, memory loss and worm infection, to increase sexual desire as a tonic and to stimulate sweating.

BENEFITS OF TARRAGON

- ✓ Its contains beneficial nutrients but few calories and carbs
- ✓ Its help decrease blood sugar by improving insulin sensitivity
- ✓ May improve sleep and regular sleep patterns
- ✓ May increase appetite by reducing leptin levels
- ✓ May help relieve pain associated with conditions like osteoarthritis
- ✓ May have antibacterial properties and prevent food borne illness
- ✓ Versatile and easy to incorporate into your diets

BENEFITS OF SAGE

- ✓ Rich in anti-inflammatory and antioxidant compounds
- ✓ Promotes oral health
- ✓ May have anticancer properties
- ✓ Improves blood sugar control
- ✓ May promote brain health and improve mood
- ✓ May support women's health
- ✓ May boost heart health

BENEFITS OF CHOCOLATE MINTS

- ➢ Rich in nutrients
- ➢ May improve irritable bowel syndrome
- ➢ May help relieve indigestion

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HEALTH BENEFITS OF HERBS

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- Could improve brain function
- May decrease breastfeeding pain
- Subjectively improves cold symptoms
- May mask bad breath
- Easy to add to your diet

BENEFITS OF ENGLISH LAVENDER

- Used for aromatherapy
- Potential cancer and dementia help
- Used for sleep aid
- For skin and hair conditions
- Explore new calming exercise with calm

HEALTH BENEFITS OF THYME

- For lowering blood pressure
- To stop the coughing
- To boast your immunity
- To disinfect
- To get rid of pest
- For good smells
- For boast your mood
- For some good food

HEALTH BENEFITS OF CINNAMON

- Lowers blood sugar levels and has a powerful anti-diabetic effects
- It's loaded with antioxidants
- It has anti-inflammatory properties
- It's may cut the risk of heart disease
- Its can improve sensitivity to the hormone insulin
- It's may have beneficial effects on neurodegenerative disease
- It may protect against cancer
- Its help fight bacterial and fungal infection
- It may help fight the HIV virus

BENEFITS OF BORAGE

- Borage flower and leaves are used for fever, cough, and depression
- It's also used for a hormones problem called adreizal insufficiency, for "blood'' purification, to increase urine flow
- To prevent inflammation of lungs as a sedative
- To promote sweating

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- It's also used to increase breast milk production
- To treat bronchitis and colds
- Borage is applied to the skin for red itchy rash on the scalp of infants

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