

HEALTH BENEFITS OF HERBS

ALOE VERA



Is an excellent skin toner and tissue healer. Is used extensively in hair and skin products. Taken internally, Aloe Vera is proven for treating duodenal ulcers and Irritable Bowel Syndrome.

FENNEL

Provides relief from gas and gripping abdominal pain with bloating. Effective for infant colic and teething pains. Aids menstrual regularity and facilitates breast milk productions.

BASIL



Heals digestive ailments. Works against nausea and bad breath. Holy Basil is said to lower blood sugar levels as well as blood pressure and cholesterol. Natural COX inhibitor making it useful for those suffering inflammatory problems such as arthritis. Good source of beta-carotene.

PARSLEY

Relieves gas and abdominal spasms. Stimulates menstruation and aids menopausal symptoms. Prevents against osteoporosis due to high boron content. Helpful against urinary problems and cystitis.

SAGE

Counteracts mouth ulcers and sore throat due to antimicrobial and astringent properties. Provides relief from menopausal symptoms and anxiety as it has estrogen-like effects. Said to provide benefits during early stage of dementia.

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THYME

Antibacterial properties work well against ENT problems and sinus congestion. General tonic and anti-fungal.

OREGANO

Cures digestive ailments due to presence of thymol and carvacol compounds. Cures menstrual cramps and lung congestion. Rich in poly-phenolic flavonoid antioxidants that help in anti-aging. Excellent source of potassium, calcium, manganese, iron, and magnesium.

CILANTRO

Lowers cholesterol and prevents urinary infections. High in Vitamin K and helps bind to heavy metal in your body. Aids blood clotting and improves bone strength.

MINT



Aromatic herb that helps in relieving IBS and stomach disorders. Blood cleanser and toxin eliminator. Combats bad breath and soothes skin irritations.

ROSEMARY



Rich in rosmarinic acid and other antioxidants that help fight inflammation. Can help boost learning and memory as it stimulates production of acetylcholine.