

The Health Benefits of Herbs in your Kitchen

The herbs in your kitchen are not just to flavor your dishes. These herbs have many health benefits that some people are not aware of. Let's discuss the benefits of: Basil, Cayenne Pepper, Garlic, Ginger, Parsley, Oregano, Rosemary and Thyme.

Rosemary



Contains many different acids making it an anti-inflammatory and antioxidant.

- Rosemary improves concentration and memory, bring oxygen to the brain.
- Reduces pain by its mild analgesic effects.
- Due to its ability to increase circulation, rosemary can be used to increase hair growth by steeping rosemary in water and spraying on the scalp as you massage it in before you go to bed at night

- The thyme leaves have antiviral properties to combat Bronchitis & cough.
- A weak tea makes a good mouthwash for prevention of gingivitis & cavities.
- Antiparasitic effects of thyme help treat lice & scabies by adding thyme essential oil into coconut oil and massaging the area. Leave on for an hour and follow up with nit remover.

Thyme



Basil



- Basil aids in digestion & cramps.
- Prevention of stomach ulcers & colitis.
- Slight sedative- good for anxiety & nervous headaches.
- Contains Vitamins A & C
- Antioxidant to prevent cell damage.

Main ingredient is "Capsaicin"

- It reduces a chemical that carries a pain signal to the nerve endings making it a great pain reliever.
- Cayenne pepper is known to stabilize blood pressure.
- Use: In food dishes, add a pinch to herbal teas to combat colds and flus. As well as in salves or cream to help with psoriasis, shingles and neuropathy pain from diabetes.

Cayenne Pepper



Parsley



- Powerhouse of vitamins & minerals like, vitamins A, B, C, Calcium & Iron.
- Excellent for treating bladder & kidney infections.
- Stimulates appetite and increasing circulation to the digestive organs.
- Due to parsley's iron content, it works well to combat anemia.
- PRECAUTION: Do not use parsley if you are pregnant due to its diuretic effects.
- Use: In food dishes.
 - Tea: Steep leaves in water for 10-15 min if you are suffering from bladder or kidney infection as well as bladder spasms. Drink 3 cups daily, no more than 10 days.

Kitchen herbs are sometimes taken for granted. Herbs are very beneficial to help the body heal itself and keep balanced because a body that is balanced stays healthy. Let's see the benefits of garlic, ginger and oregano.



Garlic

Antibacterial, Antifungal & Antiviral

- Works on every single body system.
 - Treats colds, flus, cold sores, strep & kills parasites!
 - Keeps platelets from clumping, reduces blood clotting and decreasing strokes.
 - Lowers blood pressure by relaxing the vessels.
 - Lowers blood sugar levels.
 - Side Effects: If you consume too much it can lead to gas and bloating.
 - Use: Consume raw or in capsules.
- Oxymel recipe: 1 garlic bulb peeled, smashed and chopped coarse. Add 2/3 cup apple cider vinegar, 2/3 cup local honey to a pint mason jar and stir well. Then add chopped garlic and stir. Cover with wax paper first, then the lid and ring. Place in a dark cool area for 4-6 weeks and check it daily by swirling the jar and allowing air to come out as it will be fermenting. When 4-6 weeks is done, strain and place in mason jar in the refrigerator for up to a year. Take a couple of teaspoons daily for colds and flus or use as part of your salad dressing for optimal health benefits.



Ginger

Reduces gas, bloating & indigestion.

- Helps absorb nutrients.
- Increases circulation.
- Acts as a blood thinner decreasing plaque in the arteries and blood clots.
- Use: Soups, stews and stir fry.
- Precaution: Large amounts will cause gas and bloating.
- Potent anti-nausea herb
 - Grate ginger and makes a compress for lung congestion.
 - Detox bath- grate 1/4 cup of ginger and place in a secured cheese cloth place in tub water along with Epson salt, baking soda and essential oils.
- Precaution: Large amounts will cause gas and bloating.
 - If you are taking a blood thinner, please work closely with your doctor.



Oregano

Anti viral, Anti fungal & Anti bacterial

- Can be used internally & externally for skin problems and fungal infections.
- Wide range of antioxidants.
- High in Vitamin A & C
- Relieves stress in the body.
- Stimulates the immune system to produce WBC.
- Used for bronchial infection, asthma and cough.
- Helps to combat Candida (Yeast).
- Use: Tea- Omega 3 fatty- acid to decrease cholesterol.
- Anti viral, Anti fungal & Anti bacterial
- Tincture-put drops in water. (follow directions on bottle).
- Essential oil for external skin problems

Fire Cider Recipe



Ingredients:



- 1/2 cup freshly peeled and grated ginger root.
- 1/2 cup freshly grated horseradish root.
- 1 medium chopped onion.
- 10 cloves of garlic crushed or chopped.
- 2 organic chopped jalapeño peppers.
- 1 lemon, zest and juice.
- 2 Tbsp. dried rosemary.
- 1 Tbsp. turmeric powder or 2 Tbsp. freshly grated turmeric root.
- 1/4 tsp. cayenne pepper.
- Organic unfiltered apple cider vinegar.
- 1/4 cup raw honey.

Procedure:



- Put all of the ingredients minus the honey in a quart glass size jar and pour apple cider vinegar all the way to the top and cover ingredients to prevent it from turning bad.
- Use a piece of wax or parchment paper to place on top before placing metal lid and ring on the jar.
- Place in a cool dark area for 4-6 weeks, giving it a little shake every day. After time is up strain out ingredients, squeeze put much liquid as you can and then add honey to the liquid and stir.
- Check to see if more honey is needed then place the sealed glass jar in the refrigerator.
- Take 1-2 tablespoons when needed.

Ginger & Cayenne Pepper

WARMING SALVE FOR PAIN



Ingredients:

- 4 Tbsp. of St. John's wort oil
- 2 Tbsp. Cayenne Pepper
- 1 Tbsp. Ginger Powder
- 2 Tbsp. Shea Butter
- 2 Tbsp. Beeswax
- 20 drops Rosemary Essential oil



Procedure:

1. Make a double boiler with a sauce pan.
2. Place a canning jar lid on the bottom of top pan.
3. In a glass measuring cup put oil, ginger and cayenne pepper and place on the lid in the pan.
4. Simmer on medium heat for thirty minutes and stir with wooden stick (not plastic).
5. After 30 minutes allow oil to cool and remove oil from pan.
6. Place glass cup back into double boiler and add beeswax and shea butter and simmer until melted.
7. Remove from heat and add essential oils.
8. Pour into container and allow to cool completely before putting a lid on them



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