Nicole, I am all about organic natural remedies, I love it! Have you ever heard of 'Thieves' oil? That stuff is incredible too.

My first piece of advice to you is about your introduction. You have a strong introduction about Buddha’s Herbs Organic Thyme Leaf Tea. But after reading the introduction, the reader should know that you are providing an all natural remedy amid the COVID-19 pandemic.

You only first expand on COVID-19 in the final paragraph. The final paragraph is often used to round-up ideas, not introduce new ones. Maybe consider drawing a comparison to the COVID-19 pandemic and your all natural remedy in the introduction. Everyone is affected by the pandemic, but not everyone is interested in organic alternatives. Bring both these ideas together in the introduction.

I think that the information you include is all relevant, but could use some organization and maybe some condensing. For example, the 2nd paragraph and the 4th paragraph could be condensed and put together. You split these two similar chunks of content with the 3rd paragraph wherein you mention the historical use of the medicine.

I also think using bolded headers would help you significantly. Maybe consider the following headers of the body paragraphs & their content:

* **‘Why is it important?’** where you could place info from paragraph 1 & 3. “This all natural remedy has been used for thousands of years….known for having many healing properties such as fighting the flu virus, fighting respiratory infections, and strep throat…. Thyme leaves are full of antioxidants, vitamins and minerals and contain high amounts of Vitamin C…..etc”
* **What is it?** Where you could include/condence info from paragraphs 2 & 4. “It is an all natural…. Thyme is a plant that grows in sunny, hot areas and often in grasslands… Thyme has a thin, woody base and square stems…..It comes in these different forms...Thyme has been used in preparation for seasoned soups and sauce… etc ”
* **Modern Uses** paragraph 4 & 5 on daily cooking uses & medical alternatives to COVID-19 pandemic. With an emphasis on the medical benefits, maybe use the daily cooking aspect as a transitions. “Not only is it used in cooking to bring out flavors but it can also….etc”

I think it may also be valuable to include historical specifics with a more visual taste. You introduce the history of Thyme by mentioning the Greek Period, and its use as gargle water. Consider presenting this info in more of a story/mental picture method. Something like, “Thousands of years ago, in the times of the Greek civilizations, one did not have a family doctor to recommend taking a aspirin to alleviate aches and pains. Have a sore throat? Or a headache that will not go away? Although primitive to modern medicine, Thyme was the go to remedy. By grinding up the dry plant, mixing it in water, and gargling was then go-to….etc” Something with a little more mental picture for the reader.

All in all, word choice and relevant info was good. I think after some organization, you will be looking very, very good.