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"Life is Delicious"



- **Thyme:** carminative, antimicrobial, expectorant, astringent, anthelmintic. Used for sluggish digestion, respiratory infections, tonsillitis and laryngitis.
- **Rosemary:** antidepressant, emmenagogue, rubefacient, antispasmodic, circulatory stimulant. Promotes brain health and stimulates memory.
- **Sage:** astringent, anti-inflammatory, carminative, antispasmodic. Classic remedy for inflammation of the mouth, throat and tonsils. Helps relieve nightsweats and menopause symptoms.
- **Mint:** antiemetic, nervine, carminative, diaphoretic, antimicrobial. Eases anxiety and tension, stimulates the flow of bile and digestive juices.
- **Ginger:** stimulant, diaphoretic, rubefacient, emmenagogue. Stimulates peripheral circulation, promotes perspiration, reduces platelet aggregation.
- **Cinnamon:** anti-clotting, circulatory stimulant, diaphoretic, antiseptic. Warms the body and improves blood sugar metabolism.
- **Oregano:** antifungal, antiseptic, antibiotic, carminative, expectorant. Traditionally used to treat gastrointestinal infections. Warms the blood and lifts the spirits.
- **Parsley:** diuretic, hypotensive, carminative, antispasmodic. Used for urinary tract infections, kidney stones and edema.
- **Cayenne:** stimulant, anticatarrhal, sialogogue, rubefacient. Increases blood to the extremities. Inhibits growth of helicobacter Pylori (H. pylori).
- **Garlic:** antiviral, antifungal, hypocholesterolemic, hypotensive. Widely used for cardiovascular health. Ancient Egyptians used it to prevent colds and upper respiratory infections.