

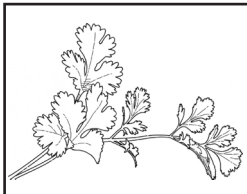
HERB GUIDE

Cooling



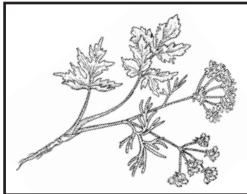
BASIL

- Lowers blood pressure, and cholesterol
- Magnesium improves blood flow & relaxes muscles
- Anti-inflammatory properties



CILANTRO

- Lowers blood sugar & anxiety - Helps prevent UTI
- Soothes skin irritation - Supports healthy menstruation
- Neurological anti-inflammatory



CORIANDER

- Acts as a diuretic - Antioxidant
- Reduces LDL & blood sugar - Vitamin K helps memory
- Reduces skin inflammation - Oral antiseptic



DILL

- Improves appetite - Soothes cough
- Aids in better sleep - Fights bad breath
- Lowers cholesterol and blood sugar



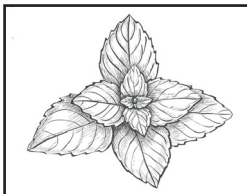
FENNEL

- Suppresses appetite - Eases upset stomach
- Helps regulate hormones - Reduces bloating
- Anti-inflammatory properties



PARSLEY

- Vitamin K supports bone density
- Fights age related vision issues
- Improves heart health - Antibacterial properties



PEPPERMINT

- Relieves congestion and clogged sinuses
- Tension headache relief - Helps improve energy
- Fights bloating and indigestion

HERB GUIDE

Warming



BLACK PEPPER

- Boost nutrient absorption
- Aids in appetite reduction - Strong antioxidant
- Promotes good gut bacteria



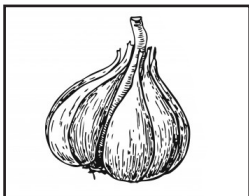
BAY LEAF

- Enzymes help break down food faster
- Helps speed metabolism - Fights against Candida
- Stimulates bile & fights dry mouth



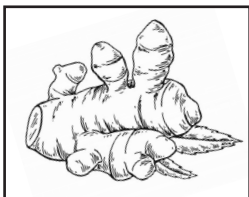
CLOVE

- Improves liver function
- Thickens mucus & protects stomach lining
- Anti-inflammatory that helps ease arthritis



GARLIC

- Fights Candida and bad gut bacteria
- Reduces fatigue - Fights against acne
- Antioxidant, antibacterial, & anti fungal properties



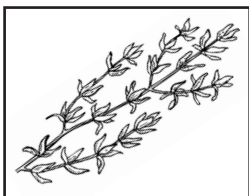
GINGER

- Helps treat nausea and vomiting
- Stimulates blood circulation
- Aids in healthy digestion - Helps settle stomach



NUTMEG

- Antimicrobial & anti-inflammatory properties
- Helps unclog pores - Fights bad breath
- Eases digestion and upset stomach



THYME

- Disinfectant, antiseptic, and anti fungal properties
- Improves bone health and blood clotting
- Supports immune health with high vitamin C content