

HERBS THAT HEAL

You can have a cabinet of home remedies with these healing herbs. Though herbs have been used for thousands of years to heal, scientists are starting to realize these plants' abilities to alleviate arthritis pain, reduce high blood sugar and cholesterol, and help with many other conditions. They're discovering the amazing powers in whole certified organic herbs, such as ...

- **Basil** is among the most basic of healing herbs. Basil is a natural anti-inflammatory compound, also found in oregano and medicinal cannabis. Known to help combat bowel inflammation and rheumatoid arthritis, used for stomach spasms, loss of appetite, intestinal gas, kidney conditions, fluid retention, head colds, warts, and worm infections. Women sometimes use basil before and after childbirth to promote blood circulation, and also to start the flow of breast milk.
- **Clove** helps prevent cells from being oxidized in your body. Ground or whole cloves are also helpful for controlling insulin levels, staving off the inflammatory response of the body, and treating multiple health challenges from toothaches to the common cold. Cloves are antibacterial, anti-viral and an antioxidant. Known to be used for upset stomach and as an expectorant. The oil is used for diarrhea, hernia, and bad breath. Clove and clove oil are used for intestinal gas, nausea, and vomiting.
- **Peppermint** is used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper gastrointestinal (GI) tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. Use peppermint essential oil externally for fatigue, bad breath, headaches, itching, muscle pain, sinus congestion and toothaches. Peppermint oil also seems to reduce spasms in the digestive tract.
- **Thyme** contains chemicals that are known to help fight bacterial and fungal infections as well as heal minor irritations. It is also known to relieve smooth muscle spasms, such as coughing, and has antioxidant effects. Thyme can also be used internally for asthma, bronchitis, colds, flu, food poisoning, fevers, migraines, anxiety, nightmares and sore throats. Taken by mouth it is useful for whooping cough, colic, arthritis, upset stomach, stomach pain (gastritis), diarrhea, bedwetting, a movement disorder in children (dyspraxia), intestinal gas (flatulence), parasitic worm infections, and skin disorders. It is also used to increase urine flow (as a diuretic), to disinfect the urine, and as an appetite stimulant.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - **WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.**

Thanks, Sami