

MORE 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 the ability to kill cancer cells and help problem drinkers curb their alcohol intake.

In this next series of articles, we will discuss a grouping of very special herbs and their properties.

- **Turmeric** - Ease arthritis, relieve pain, a powerful anti-inflammatory. It might also: Prevent colon cancer and Alzheimer's disease. Known to help shrink precancerous lesions known as colon polyps. When taken with a small amount of quercetin, a powerful antioxidant (also found in onions, apples, and cabbage). In the *Journal of Alzheimer's Disease*, researchers also found that curcumin derived from turmeric also helps clear the brain of the plaques that are characteristic of Alzheimer's.
- **Cinnamon** - Lower blood sugar, support immune system function. It is also known to: Lower cholesterol. Cinnamon has helped people with type 2 diabetes by reducing related heart risks. In another study of diabetics, it slashed cholesterol by 13% and triglycerides by 23%.
- **Garlic** - Lower cancer risk, support cardiovascular wellness. High consumption of garlic lowered rates of ovarian, colorectal, and other cancers, says a research review in the *American Journal of Clinical Nutrition*. It is also known to: Decrease high blood pressure by as much as 30 points. Garlic may help prevent strokes as well as slow arterial blockages, diminishing plaque by as much as 12%.
- **Ginger** – Avert nausea, bloating. It can prevent stomach upset from many sources, including pregnancy, motion sickness, and chemotherapy. A powerful antioxidant. It is also known to: Decrease your blood pressure and cancer risk, relieve arthritis pain.

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