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- Herbs in My Kitchen:
reference guide for
everyday cooking.

- Joint Pain Relief

May all your troubles
last as long as your
New Year's
resolutions!!!

- Joey Adams



 **HAPPY NEW YEAR!!!**

May this year bring good health, fortune,
glory, joy, and success in your life!

Happy New Year!!!!

Veggie of the Month: Beets

Drinking Beet Juice Daily Can:



- Reduce blood pressure
- Prevent heart attacks
- Prevent strokes
- Treat anemia
- Prevent precancerous lesions and tumors in the esophagus
- Regulates the digestive system
- Improves metabolism
- Increases the amount of oxygen carried in the red blood cells, improving stamina

Wellnesswithrebecca.com

DO SOMETHING FOR YOUR HEALTH

Fermented Beets!!!

Chop 1 pound of beets, add couple cloves of garlic, few slices of ginger and one bay leaf. Transfer everything to half gallon glass container and fill in with the cold water. Keep it on the counter top for 3 days, after 3rd day, place it in the refrigerator. After 5th day, drink a glass daily.

Explosion of health benefits and simply delicious.

Put this on your New Year's resolutions list.

"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,

is knowing when to use it." —

Daniel Gilbert

RESOLUTIONS:

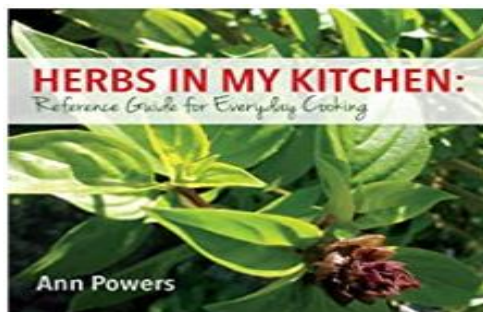
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](https://herbsinmykitchenbook.com/order/)" will guide you how to prepare your meal in hundreds different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

How and when to use herbs and spices? You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINT PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious sides effect including: edema (swelling of the feet) heartburn, stomach upset and stomach ulcers and possibly increased risk of blood clots, heart attack and stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joint Pain Relief!!!

100% Organic and All Natural! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joint and tendon. Most importantly, NO side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

