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[www.herbsinmykitchenbook.com](http://www.herbsinmykitchenbook.com)

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## LUCKY NUMBER 21-FUN FACTS

New Year starts with the lucky number. Hopefully good luck will be with everyone when it is needed throughout the year.

The number 21 is an altogether positive and lucky number, no matter where it appears in your numerological chart.

When the number 21 appears in your everyday life, be on the lookout for good fortune, joy and harmony to appear from your day-to-day situations.

In the US, when you reach the age of 21, you're legally allowed to purchase and consume alcohol.

The 21st amendment of the US constitution actually negated the effects of the 18th amendment, which was originally put in place to prohibit alcohol on a national scale. Cheers to that!

In Tarot, the number 21 is related to the card The World. One of the many meanings of this card is to have the world at your feet!

21 is the name of an ancient card game, with its most modern variant played in casinos all over the world. This more commonly known version is the American game Blackjack

[Twenty-One Tremendous Facts About the Number 21 | The Fact Site](http://Twenty-One Tremendous Facts About the Number 21 | The Fact Site)

## HAPPY NEW YEAR!!!

Wishing every day of the new year to be filled with success, happiness, good health and prosperity for you.

## HAPPY 2021!!!

Learn from yesterday, live for today, hope for tomorrow." -Albert Einstein



# Herb of the Month: Mint

Before we ring in New Year, **MINT** should be on our shopping list. It will be very useful not only to fix a wonderful mojito and garnish for drinks but will treat your hangover headache as well.

**Mint** can work wonders for almost all your digestive problems. According to the book 'Healing Foods' by DK Publishing, menthol, which is the active oil in the mint, has antiseptic and antibacterial properties that help relieve indigestion and also soothe an upset stomach.

**Mint** oil, when rubbed on the forehead and nose, are effective in curing headaches and nausea.

**Mint** is an essential part of aromatherapy. Its strong and refreshing smell could help beat stress and rejuvenate mind.

[Mint Benefits: 10 Incredible Health Benefits Of Mint Or Pudina You Must Know - NDTV Food;](#)



## Mint

### Origin

Originating in northern Africa and the Mediterranean region, mint has been known and cultivated for centuries throughout the world for its oil and as a culinary flavoring. Mint is known for its culinary and medicinal properties. It is used for upset stomach, headaches, to improve appetite, and to increase circulation. Thanks to its antiseptic properties, Greeks used to clean their banqueting tables with the herb and added it to their baths to stimulate their bodies. Romans used it in sauces, as an aid to digestion, and as a mouth freshener. Medieval monks drew on the herb for its culinary and medicinal properties. In many cultures, mint symbolized hospitality and was offered as a sign of welcome and friendship to guests. In the Ebers Papyrus, an ancient Egyptian medical text dating to 1550 BC, mint is listed as calming to stomach pains. Mint was so valued in Egypt that it was used as a form of currency.

### Usage

#### Mediterranean Cuisine:

Lamb, peas, potatoes, tabbouleh, feta cheese, and tea.

#### Indian Cuisine:

Meat dishes and vegetable curries.

#### Desserts and Drinks:

Summer drinks, apple juice, cider vinegar, fruit punches, iced parfait, chocolate desserts, cakes.

[Page38 of Herbs in My Kitchen: reference guide for everyday cooking](#)

**Mojito** is a traditional Cuban highball. [Wikipedia](#)

The cocktail often consists of five ingredients: white rum, sugar, lime juice, soda water, and mint. Its combination of sweetness, citrus, and herbaceous mint flavors is intended to complement the rum, and has made the mojito a popular summer drink.

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

**Main alcohol:** [Rum](#)

**Ingredients:** 1 1/2 oz White rum, 1 oz Fresh lime juice, 2 teaspoons Sugar, 6 leaves of Mint, Soda Water

**Preparation:** Mint sprigs muddled with sugar and lime juice. Rum added and topped with soda water. Garnished with sprig of mint leaves. Served with a straw.

**Served:** On the rocks; poured over ice

**Standard garnish:** Sprig of mint, Yerba Buena

# CHEERS 2021!!!

*"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

### **RESOLUTION'S SOLUTION:**

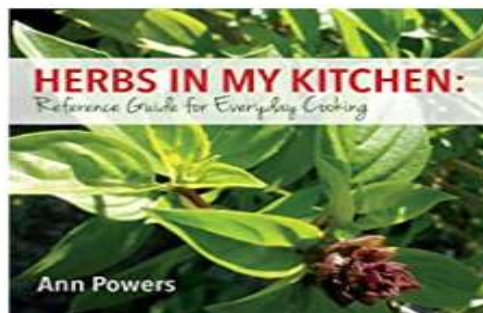
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

"Herbs in My Kitchen" will guide you how to prepare your meal in hundreds of 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/>



## **JOINTS 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 side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

### **There is a solution: Joints Pain Relief!!!**

**100% Organic and 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 joints and tendons. 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. For external use only.

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

