

Herbs in my Kitchen

Newsletter #03/2021

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National Nutrition Month

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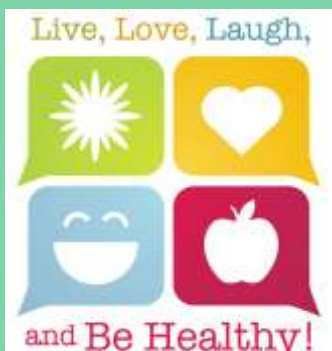
Eat healthy, stay healthy.

PG. 3

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

www.herbsinmykitchenbook.com

- Joints Pain Relief



March is National Nutrition Month.

As most of us stay and work from home we need to remember of proper nutrition and exercise to keep ourselves physically and emotionally well. All social media platforms look like cooking competition. Everybody is posting pictures of their food and kitchen creation. Bread and cookies are leading the cooking score board. They are so creative colorful and look delicious but they are all a source of unwanted calories and resulted in unwanted body weight. More vegetables and fruits in our diet will keep necessary balance. Especially when we enter into the warmer season and need to ditch cloths used to cover up unwanted pounds. Here are the easy breezy directions how to stay healthy and fit this summer:

1. Fresh veggies and fruits will be prominent on our tables
2. Reduce fried and cooked meals
3. Practice intermittent fasting: eat less often
4. Cook your food at home
6. Do not snack
7. Get enough sleep
8. Think positive
9. Love yourself
- 2 Exercise 20 minutes a day
10. Eat, sweets, oils and salt sparingly: use herbs to season your creations.

Herbs in My Kitchen: reference guide for everyday cooking will guide you what to use and how to use the herbs. Six principle how to stay healthy and happy will help you to keep your New Year's resolution alive See page 3 for more information. Check out my favorite recipes on <https://herbsinmykitchenbook.com>. I hope you will find some inspiration

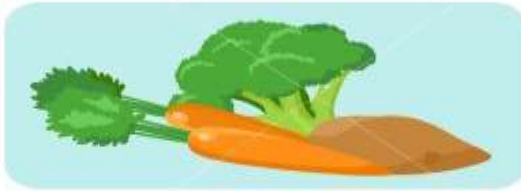
DRINK CELERY JUICE!!!

Celery Juice Tips

If you want to heal and improve your health quickly and efficiently, follow this routine: Every morning, drink 16 ounces or more of celery juice on an empty stomach. Make sure it's fresh, plain celery juice with no other ingredients. Celery juice is a medicinal, not a caloric drink, so you'll still need breakfast afterward to power you through the morning. Simply wait at least 15 to 30 minutes after drinking your celery juice before consuming anything else. "Celery juice is one of the most profound ways, if not the most profound way, to restore digestive health. It is that powerful."- Anthony William, [Medical Medium: Secrets Behind Chronic & Mystery Illness and How to Finally Heal](#)

March: National Nutrition Month:

EAT HEALTHY STAY HEALTHY Vitamins & minerals



VITAMIN A
Benefits: Ocular and immune support, overall tissue health
Sources: Carrots, spinach, broccoli, sweet potatoes



MAGNESIUM
Benefits: Stress, muscle cramps, prevents heart attack
Sources: Spinach, beans, nuts, whole grains, cocoa



POTASSIUM
Benefits: Healthy muscles and nerve function
Sources: Avocados, sweet potatoes, lima beans, bananas, oranges



VITAMIN C
Benefits: Immune and adrenal support
Sources: Oranges, strawberries, kiwi, broccoli, greens



FIBER
Benefits: Improves digestion, helps reduce cholesterol
Sources: Beans, grains, almonds, berries, sprouts



VITAMIN D
Benefits: Bone, immune and cardiovascular support
Sources: Sunlight, salmon, liver, eggs, mushrooms, cheese

FOOD THAT HELPS YOU BURN FAT

@chadhgrove1

Food That Help Burn Fat



Food That Makes It Harder To Burn Fat



10 FOODS TO BOOST YOUR BRAIN POWER



*"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:

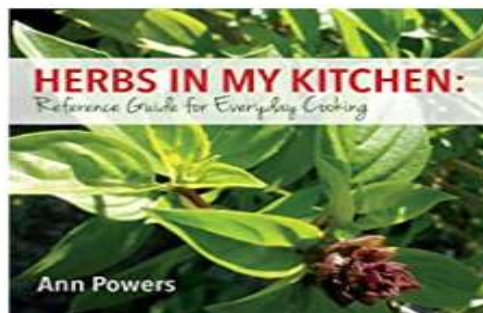
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"Herbs in My Kitchen" 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/>

