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www.herbsinmykitchenbook.com

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May is the month of mental health and awareness.

Nature provides us with huge array of herbal remedies that help us to relax, to improve cognitive function, to reduce stress and inflammation. They may aid MOMs to survive the day in better mood, more relaxed and provide good quality sleep. Let's start from favorite:

Lemon Balm tea before sleep is a wonderful treat to end the day. Lemon balm is calming, helps to ease insomnia and improve cognitive function. I have it in my garden. At the end of the summer, I pick leaves and dry them to enjoy tea from my garden throughout the winter.

Turmeric has anti-inflammatory properties thanks to curcumin. Curcumin supplements are used to replace conventional pain medication. It is a very powerful compound. Turmeric improves cognitive function. Most importantly, Asian cuisine would not exist without turmeric.

Ginseng has anti-inflammatory properties. May boost the immune system, increase energy levels and lower blood sugar.

Ginkgo Biloba is used in Chinese medicine to improve cognitive function and blood circulation.

Ashwagandha is number one herb in Ayurveda medicine used to reduce stress. Ashwagandha reduces cortisol levels, hormone released in response to stress. It reduces sugar level and symptoms of depression.

Sage has anti-septic properties, improves cognitive and neurological functions. It is also excellent in your culinary endeavor. See next page how sage is used around the world.

HAPPY MOTHER'S DAY!!!



Herb of the Month: Sage



Origin:

Sage is native to the Balkans and Mediterranean region. It has been a culinary and medicinal staple for some 2,000 years.

Sage has many therapeutic uses thanks to its antibacterial properties. In the Middle Ages, people drank sage tea to treat colds, fevers, liver trouble, epilepsy, memory loss, and many other common ailments, and that is still true today.

Usage:

Mediterranean and Italian Cuisines: Sauces, pork, chicken, seafood, vegetables, tomato sauce, salads, omelets, and mixed with olive oil and garlic to serve on bruschetta and breadsticks.

French Cuisine: Ingredient of Herbes de Provence, seasoning for grilled meats and barbecues, stews, and sauces.

How to dry sage

1. Cut off entire stems or branches to be dried.
2. Go through the pickings and throw away any yellow, dry, tough or wilted leaves.
3. Wash the remaining stems in water.
4. Use paper towel to gently pat dry the stems dry.
5. Place in the shade and let it dry for few days
6. Grain dry sage in the coffee grainer
7. Put the grained sage in the spare salt or pepper container and use it to season your food and salads

*"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:

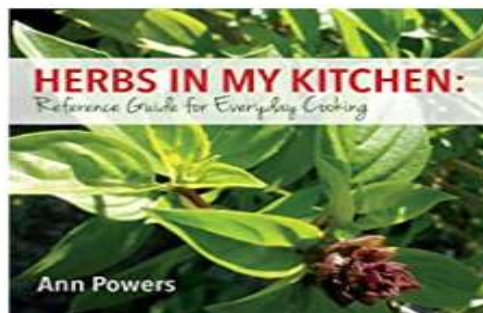
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[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/>

