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

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

### - Joints Pain Relief

## MENTAL HEALTH

In the era of global pandemic mental health is on everybody's mind. Spending most of the time at home, with close circle of family or in a lot of cases alone does not have a good influence on our body and mind. Emotional wellbeing affects all aspects of our lives and determines decision making, stress and relationship with others and with ourselves. Fortunately, a nature comes with help and offers remedies that would improve cognitive processes, release stress, improve concentration and memory.

Popular herbs used every day in our kitchens have not only culinary properties improving taste and flavor of the meals but have incredible medicinal properties I want to focus on in this letter.

### Herbal remedies: herbs

**Rosemary** – improves concentration and blood circulation bringing more oxygen to the brain. In ancient times, students wore sprigs on their heads because rosemary was believed to improve memory.

**Turmeric** – curcumin, the main property of the turmeric, is an excellent unimflammatory properties, improves memory, and cognitive processes.

**Lemon balm** – it is favorite herb in my garden. It has a bit citrusy minty flavor. Lemon balm tea is an excellent remedy for helping you to fall asleep, calm nervous system, and reduce stress.

**Thyme** - It increases levels of dopamine and serotonin – the neurotransmitters that regulate motivation and drive overall mood.

### Oils

Flax seed oil contains Alpha Linolenic Acid (ALA), a type of omega-3 acid, vitamins A, E, PP and B. It is an excellent nutrient for nervous system and above all for our brain.



[Flaxseed oil can do wonders for your health, here are 6 benefits to it | Health - Hindustan Times](#)

The Lost Book of Herbal Remedies-Nicole Apelian, Claude Davis

## HAPPY NEW YEAR!!!

I cannot believe another year passed by. Hopefully we are stronger and better despite the turmoil around us and in the world. I wish everyone healthy, peaceful and prosperous New Year!!!!



# Herb of the Month: Turmeric

## Turmeric

### Origin

It originates from southern or Southeast Asia, most probably from western India. Turmeric has been grown in India since ancient times. It reached China by 700 AD, East Africa by 800 AD, and West Africa by 1200. It was introduced to Jamaica in the eighteenth century. Today, turmeric is widely cultivated throughout the tropics. Turmeric is a prime component of curry powder and highly prized for its medicinal properties.

### Usage

#### Indian, Chinese, and Jamaican Cuisines:

Sauces, marinades, soups, stews, casserole, chicken, fish, and vegetables.

Used as a condiment to flavor and color butter, cheese, margarine, pickles, mustard, liquor, fruit drinks, cakes, and fruit dishes.



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See all recipes on my website at:



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

*"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:**

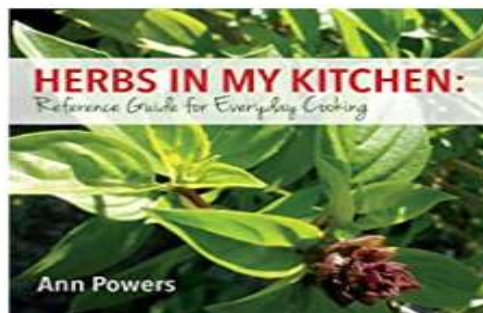
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

**"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/>

