

INSIDE THIS ISSUE

 PG. 1

Amazing Benefits of Spinach

 PG. 2

Spinach -veggie of the month

 PG. 3

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

- Joints Pain Relief

Amazing Benefits of Spinach

Weight Loss-Spinach just like other green vegetables is low in calories and fats. Spinach contains fiber, an essential nutrient that makes the body feels content with its food. This is great as Spinach can help prevent excessive eating, which is a significant cause of weight gain.

Promotes Eye Health-Raw Spinach is also a good source of lutein. Lutein is a carotenoid that is known to block the visible blue light that damage the eyes, thus protecting your vision. It protects the eyes from cataracts and macular degeneration. Spinach also provides vitamin A to the body, which helps build healthy mucus membranes that are essential for normal eyesight.

Healthy Bones-Spinach is rich in Vitamin K, a crucial mineral in maintaining bone health. Adequate Vitamin K lowers and controls the over activation of osteoclasts. The osteoclast is the cell that breaks down bone density over time. Vitamin K also helps synthesize the protein osteocalcin, which is essential in maintaining the strength and density of the bone. Spinach is also a great alternative to dairy with its ability to provide calcium to the body, which helps prevent conditions like osteoporosis.

Reduces Hypertension-Hypertension, also commonly known as high blood pressure, is notorious for causing kidney diseases, stroke, and other chronic ailments. Spinach plays a crucial role in lowering hypertension in the body with the help of its abundant nutritional value. Spinach can lower the levels of potassium in the body, which is a critical player in causing hypertension.

Relaxes-It is loaded with Zinc and magnesium which help sleep better. Magnesium also helps your body rejuvenate and restores its lost energy.

Anti-Cancer-Spinach contains flavonoids, which is a phytonutrient with anti-cancer properties. Spinach has been found to slow down cell division in the human stomach and stopping the multiplication of skin cancer cells.

Source: [10 Health Benefits of Spinach](#) | [Modern Holistic Health](#)

THE HARDER
YOU WORK,
THE LUCKIER
YOU GET.



- GARY FLOWER

 **HAPPY AND HEALTHY
ST. PATRICK'S DAY!!!**

March is a month of green. Eating green leafy vegetable have amazing impact on overall health. Spinach is one of them. It is one of the superfoods loaded with vitamins and minerals. It can be consumed cooked or raw. You can make a salad, or add to your favor smoothie. It will help you to keep new year's resolution alive effortlessly. Do not forget of 20 minutes exercise.

Veggie of the Month: Spinach

Promotes Gastrointestinal Health

The beta carotene and vitamin C contained in spinach help improve good Gastrointestinal health. It protects the cells present in the colon from harmful radicals. It can also help in preventing DNA damage and mutation of colon cells.

Skin-Our skin is made of water cells. Spinach is a good source of water and antioxidants that help in restoring the former glow of our skin. It prevents acne, stops premature aging, protects the skin from harmful UV rays of the sun, and improves skin complexion by preventing acne, dark circles, and sunburn.

Prevents Anemia-Spinach is a rich source of iron. Iron is responsible for preventing anemia in both children and adults. Iron is a key component of hemoglobin which transfers oxygen to all red blood cells.

Boosts Immunity-Spinach is loaded with nutrients: vitamins and minerals composition help protect mucous membranes, respiratory, urinary, and intestinal tracts. This dramatically helps boost the immunity levels of the body and keeps it functioning throughout a busy day.

Vitamin A: Spinach is rich in Vitamin A.

Vitamin C: Vitamin C helps repair damaged skin and restore its glow. As the body itself cannot produce vitamin C.

Water: Consuming lots of water is suitable for both our health and skin. A cup of cooked Spinach provides 164 grams or approximately 5 oz. of water.

Iron: Iron is a vital component of hemoglobin, which is a protein that supplies oxygen to the red blood cells.

Magnesium: Source of magnesium to the body. Magnesium is essential because of its ability to heal skin wounds and infections quickly.

Other nutrients found in Spinach are Soluble and insoluble fiber, carbohydrates, sugar, sodium, fatty acids, amino acids, calcium, and other vitamins and minerals.

Spinach salad

Ingredients

1 cup of spinach, ¼ cup of red cabbage, 1 tbl spoon blue cheese crumbs
1 -2 tbl spoon Pecans, ¼ cup of fermented or marinated beets, Salt, Pepper, avocado oil

Instruction

Chop spinach, chop beets in small cubes. Transfer to a bowl. Add shredded red cabbage, blue cheese, pecans, salt and pepper. Mix everything and drizzle with avocado oil (use whatever oil you like).



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

<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:

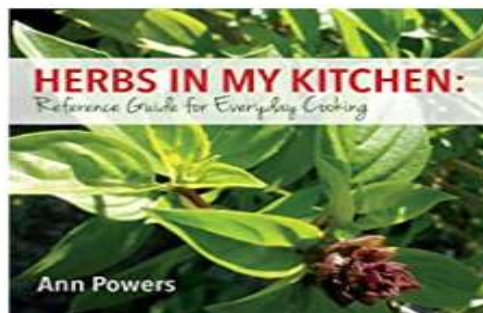
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"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/>

