

Herbs in my Kitchen

Newsletter #05/2021

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www.herbsinmykitchenbook.com

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MOM'S PERSONAL SPA SUPPLIES:

May is a flowering month. A little bit gloomy this year in the Midwest but as usually a mother nature helps to make it festive, full of flavor and beauty. Many different herbs are blossoming in May. The flowers and oils are used to improve skin and overall health.

Geranium oil:

A drop or two of geranium oil into daily moisturizer or carrier oil make skin radiant and glowing. It reduces sign of aging and removes wrinkles. It reduces scar tissue and skin irritation.

Calendula oil and tincture

Calendula a beautiful orange flower has so many health benefits. It reduces inflammation, muscle spasm, reduces fever, it has anti-inflammatory properties, and provides relive for dry skin. It is wonderful for sensitive skin. It's a great moisturizer: It provides your skin cells ability to absorb nutrients and holds the water longer.

It protects your skin thanks to flavonoids a powerful antioxidant, which helps protecting your skin against free radical damage.

It has healing properties. Calendula increases blood flow and oxygen to the skin.

Calendula can help to plump the surface of your skin to give you tighter and smoother skin.

You can get all the calendula benefits by using a calendula essential oil or tincture. Always remember that oil needs to be mix with the carrier oil. Also, people who are allergic to pollen and ragweed must be very careful and run a skin test and consult the doctor.



References: <https://alexcarro.com/blogs/noticias/geranium-oil-uses-incredible-benefits-for-glowing-skin#:~:text=Because%20geranium%20oil%20is%20a,conditions%20or%20prone%20to%20acne>.

<https://www.ipsy.com/blog/calendula-benefits-for-skin>

https://fleurandbee.com/blogs/news/rosehip-oil-for-skin?gclid=Cj0KCQjwvLOTBhCJARisACVIdV2pPuzsOJVtixBZjVda_tkGy2u6ECcoWWpbfirG6-PbvU7HBnPUaGoaAtzFEALw_wcB

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HAPPY MOTHER'S DAY!!!

Mothers' day is a very special celebration of our mothers, grandmothers, step mothers, and any mom figure who is significant in our lives. Moms make so many sacrifices to ensure we have everything we need. Let's remind everyone that mothers need a little break to rejuvenate themselves. Mother nature provides us with beauty products that will make your and your mom's skin beautiful, fresh and radiant.



Herb of the Month: Rosehip Oil



Rosehip oil benefits every skin type. It is safe and protects your skin from environment thanks to the antioxidants, vitamins and minerals. Rosehip oil and rose water gives your skin a glow and youthful appearance.

1. Rosehip oil is a fantastic moisturizer.
2. Rosehip oil helps fade the look of scars.
3. Rosehip oil has anti-aging properties.
4. Rosehip oil evens out skin tone.
5. Rosehip oil is great on cuticles.
6. Rosehip oil moisturizes your scalp.
7. Rosehip oil helps minimize the look of dark spots.
8. Rosehip oil does double duty as a make-up remover.
9. Rosehip oil will make your skin glow.
10. Rosehip oil makes a great lip gloss.
11. Rosehip oil helps minimize temporary redness:



Rosehip oil can be added to your daily moisturizer or massaged into your skin directly.

1. Wash your face
2. Apply toner
3. Take rosehip oil dropper and squeeze three drops into your hands
4. Rub your hands together, allowing the heat of your skin to warm the oil.
5. Gently massage the rosehip oil into your skin, making sure to cover your cheeks, nose, forehead, and chin.
6. Make sure you get your neck and décolletage as well! And while you're at it, treat your hands—which are very prone to sun damage—to a drop or two.
7. Use it as an eye cream!

Herbal Teas and Herbal Infused Oils

1. Pick up clover and dry it. Make a delicious tea.
2. Dry herbs to use in teas.
3. Infuse oils with culinary herbs and use in cooking.
4. Pick up purple flowers of chives and infuse them in vinegar. Add them to 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:

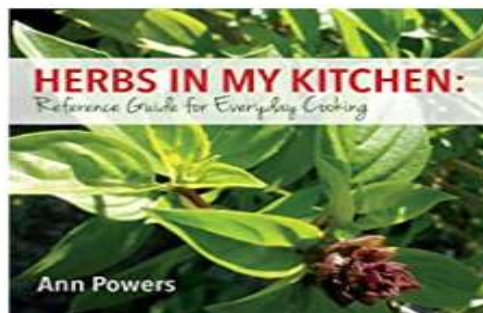
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"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/>

