

CULINARY

MEDICINE

Rosemary:

Helps to stimulate the nervous system and mind, enhancing memory, aids in digestion, liver function, and blood circulation.

Basil:

Aromatic actions make it beneficial in relieving flatulence, aiding in digestion, lessening stomach cramps and nausea. It can be used as a diuretic and mild sedative for tension.

Peppermint:

Has an antispasmodic effect on the digestive system, increases bile, and relaxes gut muscles, reducing nausea and cramps. Antimicrobial, and analgesic.

Thyme:

Tea made from the leaves is said to help with stomach ulcers. Topical applications can be applied to relieve muscle spasms and cramps, and to help with sciatica and arthritic pains.

Find more info at

www.theathomeapothecary.com