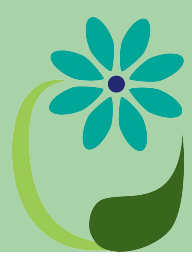


# Mint Benefits



## **Mint helps:**

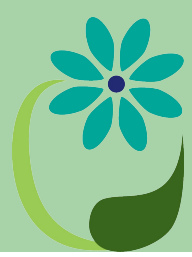
- Freshen breath
- Improve asthma
- Slow memory loss
- Aid digestion
- Reduce nausea & headaches
- Help with depression & fatigue
- Relieve allergies & hay fever



# A Little History of Mint:

- In early Athens history, every part of the body was perfumed with a different scent—mint being specifically designated to the under arms.
- In medieval Europe, mint found a use as something both good for you and good-smelling: a breath freshener. People mixed it into vinegar to make mouthwash, or just chewed on it to freshen their breath.





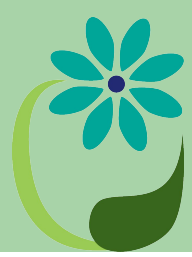
# Basil Benefits:



## **Basil has helped:**

- Prevent aging
- Reduce stress
- Heal skin blemishes
- Reduce bloating
- Cleanse skin
- Purify the air

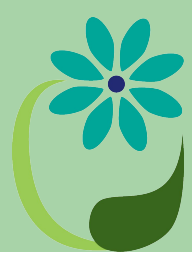
**And is rich in antioxidants  
and is an anti-inflammatory!**



# A Little History of Basil:



- In ancient Egypt, basil was likely used as an embalming and preserving herb as it has been found in tombs and mummies.
- In Jewish folklore, basil was believed to add strength while fasting.
- In Portugal, basil plants make up part of a gift to a sweetheart or lover on certain religious holidays.
- But in ancient Greece, basil symbolized hatred.



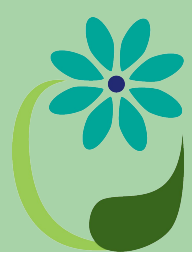
# Sage Benefits:



## **Sage has helped:**

- Reduce anxiety
- Lower cholesterol
- Improve concentration
- Stop night sweats
- Improve bad body odor
- Heal cold sores
- Promote healthier skin
- Purify & clean the air



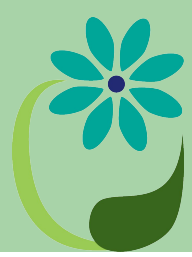


# A Little History of Sage:

*"How can a man die who has sage in his garden?"*



- In ancient Rome, sage was considered to have substantial healing properties, particularly helpful in the digestion of fatty meats.
- The herb was used to heal ulcers, to help stop the bleeding of wounds, and to soothe a sore throat.
- The Chinese used sage to treat colds, joint pain, typhoid fever, and kidney and liver issues.



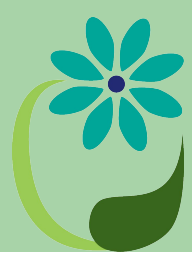
# Rosemary Benefits:



## **Rosemary has helped:**

- Improve memory
- Reduce muscle pain
- Promote hair growth
- As a natural pest control
- Improve digestion

And is a good source of  
iron & calcium!

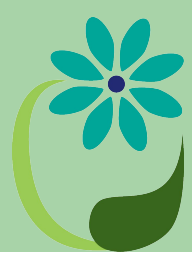


# A Little History of Rosemary:



- Rosemary was thought to dispel negativity during the Middle Ages. It was tucked under pillows to thwart nightmares and visits from evil spirits, and burned hoping to keep the black plague from entering homes.
- 16th century merchants would hire perfumers to infuse their shops with spirits of rosemary to bring prosperity.
- It was a popular addition to nosegays, wreaths, and other floral displays to encourage happiness.





# Oregano Benefits:

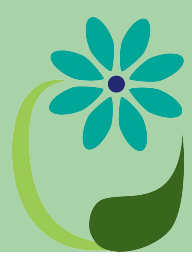


## Oregano has helped:

- Fight the common cold
- Skin issues- dandruff & acne
- Treat respiratory disorders
- Reduce inflammation
- Protect against cancer



It also has natural antibacterial properties and is a good source of vitamin E & iron!



# A Little History of Oregano:



- The ancient Greeks believed that oregano could be used as a poison antidote as well as treat skin irritations and convulsions. It is still the most popular herb in Greece!
- The Romans' love of the flavor and its easy cultivation spread it throughout Europe and Northern Africa.
- In the middle ages, oregano was used for medicinal purposes; they would chew oregano leaves for rheumatism, toothache, indigestion, and coughing.
- The Chinese believed it helped with fever, vomiting, and upset stomach.