

Hh

Herbs:

- **Turmeric:** contains curcumin which is a powerful antioxidant and helps reduce swelling
- **Sage:** can improve brain function, memory (in young & old), comes from the Latin word "to save"
- **Holy Basil:** stops the growth of a range of bacteria, yeasts, molds, and helps with immune function
- **Cayenne Pepper:** contains capsaicin and has shown to reduce appetite and increase fat burning
- **Ginger:** Helps reduce nausea and swelling
- **Rosemary:** active ingredient is called rosmarinic acid which is known to help fight allergies and nasal congestion
- **Garlic:** travels all over the body, helps reduce blood pressure, cholesterol, boosts immune function and memory, contains Manganese, Vitamins B1, B6,
- and C, Selenium, Fiber and some Calcium, Copper, Potassium, Phosphorus and Iron.
- **Dandelion:** highly nutritious, helps reduce allergies, great source of Vitamins A, C, K, E & small amounts of Bs, Iron, Calcium, Phosphorus, and Potassium
- **Burdock:** powerful antioxidant, aids digestion, purifies the blood, increases circulation in the skin

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