Healing Herbs You Can Use Every Day

These herbs do not require any special treatments and growing conditions and yet the advantages they possess are invaluable.

Basil

This herb will grow up in a jar without any problems.

Basil is rich in iron and vitamin A. It is a natural antioxidant that has anti-inflammatory and antiseptic properties. Feel free to add it to salads and numerous dishes.

Rosemary

This herb is a real murderer of cancer cells. It is great for cooking, particularly in Mediterranean kind of food. It is rich in vitamin E and is an astonishing antioxidant.

Sorrel

This herb can be found in meadows, but can also be grown in a jar. Has the power to help with the difficulties of the urinary tract and kidneys. Sorrel leaves are rich in vitamin C and are great in mixture with salads and various sauces.

Coriander

This herb defends the liver. It is excellent when combined with salads and fluids.

Sage

When it comes to fighting contagious and bacteria, sage is the queen of all herbs. Also, it is outstanding in the fight against diabetes and prevention of Alzheimer's disease.

Lemon Balm

Produce it in your home and you will every time be seconds away from it. Lemon balm is great for sleeplessness and colds.

Thyme

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