

GARDEN HERBS TO KEEP YOUR BODY IN BALANCE

KEEP IT IN THE FAMILY

ALL OF THESE PLANTS ARE IN THE 'MINT' FAMILY LAMIACEAE



MINT MENTHA PIPERITA

Peppermint oil is widely used for the relief of Irritable Bowel Syndrome because of its cooling and soothing properties (Ingrosso 2022). Its invigorating oils also make it an excellent decongestant, and research shows it can reduce mental fatigue (Kennedy 2018). You cannot beat a pot of fresh mint tea! Great for aiding digestion!



LAVENDER LAVANDULA ANGUSTIFOLIA

Lavender flowers are commonly used to relax the mind and nervous system. Inhaling the essential oils helps reduce anxiety (Kim 2021), and you can also use lavender under the pillow for a restful sleep.



SAGE SALVIA OFFICINALIS

The word sage means wisdom, and this wise herb is a brain boost and can enhance mood and alertness (Kennedy 2005). Sage is also traditionally used to support women's health, and science tells us it contains flavonoids and can relieve menopause symptoms and reduce the frequency of hot flashes (Moradi 2023). Some people nibble on a sage leaf a day.

POP THE KETTLE ON

- Rinse fresh herbs well with water
- Pour boiling water over them
- Let the mixture steep for at least five minutes
- Remove the herbs from the tea
- Honey optional
- Enjoy!

WHAT DOES THE RESEARCH SAY

Kennedy 2018 Peppermint
<https://pubmed.ncbi.nlm.nih.gov/30087294/>

Ingrosso 2022 Peppermint
Peppermint & Irritable Bowel Syndrome
<https://pubmed.ncbi.nlm.nih.gov/35942669/>

Kim 2021 Lavender
<https://pubmed.ncbi.nlm.nih.gov/34775136/>

Kennedy 2005 Sage
Single dose of sage and cognition
<https://www.nature.com/articles/1300907>

Moradi 2023 Sage
Sage, Hot Flushes, Menopause
<https://pubmed.ncbi.nlm.nih.gov/37489230/>



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ROSEMARY SALVIA ROSMARINUS

Rosemary is traditionally used as a tonic to raise the spirits, and it has been linked to memory since ancient times. The latest science backs this up and rosemary water improves blood flow in the brain to help with thinking (Moss 2018). Other brain-boosting effects include improving sleep and relieving anxiety and depression (Nematolahi 2018).



LEMONBALM MELISSA OFFICINALIS

Lemonbalm's fragrant essential oils are uplifting when we inhale them. When infused in water or yoghurt, Lemonbalm can improve mood and cognition (Scholey 2014). Menopausal women experienced fewer hot flushes and a better quality of life through ingesting this joyful herb (Shirazi 2021). Lemonbalm also makes a pot of refreshing herbal tea.



THYME THYMUS VULGARIS

The tiny leaves of thyme pack a giant punch and are a natural antiseptic used for respiratory and digestive ailments. Thyme is effective in relieving coughs, and a common remedy is creating a thyme tea and gargling with it. Research shows that thyme syrup relieves coughs in children (Eskandarpour 2024). In cough remedies, thyme is often coupled with ivy.



Start with 3 cups of tea per day

WHAT DOES THE RESEARCH SAY

Moss 2018 Rosemary
<https://pubmed.ncbi.nlm.nih.gov/30318972/>

Nematolahi 2018 Rosemary
<https://pubmed.ncbi.nlm.nih.gov/29389474/>

Scholey 2014 Lemonbalm
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245564/>

Shirazi 2021 Lemonbalm
<https://pubmed.ncbi.nlm.nih.gov/33465795/>

Elnaz Eskandarpour 2024 Thyme
Thyme syrup and cough in children
<https://pubmed.ncbi.nlm.nih.gov/38186189/>

Bernd Kemmerich 2006 Ivy, Thyme
<https://pubmed.ncbi.nlm.nih.gov/17063641/>

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