

10 HERBS THAT HEAL

COUGHING? ADD ROSEMARY



The eucalyptol in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

GOES WELL WITH



WHITE BEANS



POTATOES



POLENTA



APPLES

MENSTRUAL CRAMPS? ADD OREGANO



Enjoying 2 tsp of fresh oregano daily during menstruation reduces or eliminates cramps. That's because this herb's thymol and carvacrol, relax uterine muscles to prevent painful contractions.

GOES WELL WITH



MUSHROOMS



TOMATOES



OLIVES



SQUASH

UPSET GI TRACT? ADD DILL



Indian scientists found that dill's limonene works as well as prescription antibiotics at killing harmful intestinal bacteria such as E. coli.

GOES WELL WITH



CUCUMBERS



BEETS



CARROTS



GREENS

CONGESTED? ADD CAYENNE



The fiery capsaicin in cayenne deactivates substance P, a neurotransmitter linked to inflammation. The result is less sinus congestion and pressure.

GOES WELL WITH



LEAFY GREENS



BEANS



SOUPS



RICE

FEELING TIRED? ADD CILANTRO



The carboxylic acid in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.

GOES WELL WITH



AVOCADOS



CORN



BLACK BEANS



CURRIES

CRAMPY TUMMY? ADD MINT



Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms.

This reduces belly discomfort by 40 percent.

GOES WELL WITH



EGGPLANT



TOMATOES



MELON



GREEN PEAS

ACHY JOINTS? ADD CURRY POWDER



The curcumin in curry inhibits the body's production of prostaglandin E2, an inflammatory compound that over-sensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

GOES WELL WITH



LENTILS



RICE



CAULIFLOWER



SPINACH

BLOATED? ADD PARSLEY



Thanks to its stores of apiol and myristicin, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.

GOES WELL WITH



PASTA



TOMATOES



GRAINS



ONIONS

FEELING DOWN? ADD BASIL



The eugenol and rosmarinic acid in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.

GOES WELL WITH



TOMATOES



PIZZA



PASTA



OLIVES

HAVING NAUSEA? ADD GINGER



Ginger's gingerol and shogaol calm digestive tract spasms, to reduce nausea better than motion-sickness drugs.

GOES WELL WITH



POTATOES



MISO SOUP



RICE



PEARS

Diet Guide Healing Natural

Robert R. Redfield



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