

## Basilikum

Basil (*Ocimum basilicum*) is a popular kitchen herb used for flavouring food. It is also widely regarded for its health-enhancing properties. Basil has been a staple of medicine for generations and the herb has been used to treat a variety of different conditions, from inflammation to bug bites.

### Health Benefits

Basil has long been considered an anti-depressant. It makes an excellent tea that acts on the adrenal cortex, and it can help the body stimulate hormones that regulate the body's natural response to stress. For this reason, many people believe that basil has uplifting properties. Basil may also be able to improve memory, and it is often utilized to overcome the effects of jet lag. Basil has been commonly found in a variety of treatments for diarrhea, intestinal parasites, fevers, and skin infections. It is also thought to imitate estrogen, and may help regulate the menstrual cycle. In addition, basil may stimulate the immune system and lower the uric acid content that is responsible for arthritis and gout. Basil can also be used to treat the pain and inflammation of arthritis.

### Active Ingredients

Basil contains large quantities of E-Beta-Caryophyllene (BCP) which may be useful in treating arthritis or bowel diseases. BCP is one of the only products that naturally stimulates the body's cannabinoid receptors, and it can block the signals that lead to inflammation associated with arthritis. Basil also contains eugenol, cintronellol, linalool, and myrcene.

## Oregano

Oregano has been used for centuries, originally by the Greeks, for curing a variety of ailments. The ailments that oregano was used to treat in ancient times include a vast range of conditions from convulsions to heart failure. In the 19th century, herbal doctors proscribed oregano as a general well being tonic as well as to promote menstruation. The name oregano originates from the two Greek words *oros* and *ganos*. Oregano is also known by its other common names, wild marjoram and [marjoram](#). The scientific name for oregano is *Origanum vulgare*.

### Medical Uses for Oregano in Present Times

Today, studies have demonstrated the oregano does possess many beneficial properties. Oregano has been used for the treatment of chronic candidiasis through its antifungal properties. Ideally for this particular ailment, enteric coated capsules are recommended to ensure that the tablets pass through the stomach and disintegrate in the intestine.

Oregano supplements can also be used to treat indigestion, heartburn, and low stomach acidity. Oregano aids by reducing gas in the stomach as well as soothing a churning stomach.

Supplemental oregano has also shown to be a beneficial treatment for infections, including yeast infections. Research has shown that oregano directly attacks microbes as well as inhibits the growth of *Candida albicans*.

## Salvie

Sage has one of the longest histories of use of any culinary or medicinal herb. Ancient Egyptians used it as a fertility drug (Bown, 1995). In the first century C.E. Greek physician Dioscorides reported that the aqueous decoction of sage stopped bleeding of wounds and cleaned ulcers and sores. He also recommended sage juice in warm water for hoarseness and coughs. It was used by herbalists externally to treat sprains, swelling, ulcers, and bleeding. Internally, a tea made from sage leaves has had a long history of use to treat sore throats and coughs; often by gargling. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening the nervous system, improving memory, and sharpening the senses. Sage was officially listed in the United States Pharmacopoeia from 1840 to 1900.

Sage Tea or infusion of Sage is a valuable agent in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases. It has a considerable reputation as a remedy, given in small and often-repeated doses. It is highly serviceable as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally. It was for this reason that the Chinese valued it, giving it the preference to their own tea. It is considered a useful medicine in typhoid fever and beneficial in biliousness and liver complaints, kidney troubles, haemorrhage from the lungs or stomach, for colds in the head as well as sore throat, quinsy, measles, for pains in the joints, lethargy and palsy. It has been used to check excessive perspiration in phthisis cases, and is useful as an emmenagogue. A cup of the strong infusion will be found good to relieve nervous headache.

## Lavendel

Lavender (*Lavandula officinalis*) was originally found only in the Mediterranean, but now blooms in many sunny locations around the world and is also very popular as a decorative garden shrub as it produces beautifully scented purple flower heads. The flowers come in a light blue to a deep purple color. These flowers are full of medicinally active compounds.

### Main active ingredients of

The flowers are the main supplier of lavender oil, which is how the properties are extracted from the plant. The main active ingredients in lavender are 51% linalool and 35% linalyl acetate. Linalool is a terpene alcohol that is responsible for the strong floral scent of lavender.

### Health Benefits of Lavender

#### *Depression*

Holistic practitioners have often advised that lavender oil is a healthy alternative to prescription medications to treat depression and anxiety disorders. In 2009, The International Journal of Phytotherapy and Phytomedicine published a report in which a double-blind study was performed to investigate lavender as an alternative to benzodiazepine. The six-week study, compared larazepam; a common medication prescribed for depression to silexan; a lavender oil capsule. During the study, results were compared using the Hamilton Anxiety Rating Scale. It

showed that those taking the lavender capsule showed as much improvement as those taking the lorazepam.

### *Sleep Aid*

Lavender flowers can be crushed and steeped in hot water to create a tea that can be ingested. The flower should steep in the hot water until it cools and then drink the tea. The aroma helps to relax the sleepless person, and help to induce sleep. It is thought to be the combination of warmth, aroma and natural sedative properties from ingesting the tea that all help you to fall asleep.

### **Mint**

Mint is a popular flavoring in many recipes and beverages. It is also beneficial to one's health and wellness as an herbal supplement. Its Latin name is *Mentha x piperita* and is derived from a combination of phrases: *Mentha* was a Greek nymph from mythology who became a plant through a magical transformation. *Piperita* is the Latin word for pepper.

Mint has many positive properties that can treat a host of issues in the human body. People have become very creative in harvesting its leaves and finding many ways to use this helpful herb. Whether a sprig of mint is added to a drink, the leaves are chewed, or its used in other forms, it should be a standard in any kitchen.

### **Habitat**

Originating in Europe, mint has now been naturalized in North America. It can be found throughout the United States and Canada. Many people choose to grow their own mint in their gardens, green houses, and in the home. Mint also grows naturally near streams, creeks, rivers, and other damp places.

### **Health Benefits**

#### *Digestive Remedy*

Mint has many benefits when consumed as a supplement. It aids the digestive system as it boosts action in the salivary glands, soothes the stomach during bouts of indigestion, and can provide relief for nausea as well. It can be taken in various forms, such as in oil form as a few drops are ingested or in a mint tea to produce fast, effective results.

Peppermint (*Mentha piperita*) has been used medicinally for thousands of years. It has a pleasant taste and is a popular flavoring for food and drink. It is also used as a fragrance. Peppermint has a wide variety of health and medicinal uses. It is used to help treat the common cold, to calm inflammations and to soothe digestive problems. The ancient Egyptians, one of the most medically-advanced ancient cultures, cultivated and used peppermint leaves for indigestion. The ancient Romans and Greeks also took peppermint to soothe their stomachs. The plant was used by Europeans in the 18th Century, especially in Western Europe, and gained popularity for stomach ailments and menstrual disorders. Many of Peppermint's health and medicinal uses have been verified by scientific trials.

## What is Peppermint?

The Latin name for peppermint is *Mentha Piperita*. It is actually a cross breed between Water Mint and [Spearmint](#).

## Where it's Produced?

Peppermint is a perennial plant found in Europe, Asia and North America. Although there are over 25 species of peppermint produced by these areas, the majority of peppermint is produced in the United States.

## Active Ingredients

The main active ingredient in Peppermint is Menthol, which is an organic compound that produces a cooling sensation when applied to the mouth or skin. It also acts as a mild anesthetic (which means a compound creating a reversible loss of sensation).

Peppermint also contains vitamins A and C as well as a number of minerals.

## Rosemary

**(*Rosmarinus officinalis*)** is a very popular shrubby, evergreen herb. Its small, drought-resistant leaves are widely used for their various medicinal properties as well as to season food. They are highly aromatic, which means they contain high concentrations of essential/volatile oils, hence their wide use for flavouring food and also as an airborne substance.

Rosemary was originally cultivated on the shores of the Mediterranean. In fact, the herb's Latin name, *rosmarinus*, is derived from the words "ros", which is translated to dew, and "marinus", which means sea, as Rosemary can survive on just the spray in the sea air. It is a plant well suited to growing in poor or sandy soil, high salt, high wind areas such as the conditions found by the sea.

Rosemary's symbolic uses are deeply inlaid within many cultural traditions including weddings, funerals, and during religious ceremonies. The herb is seen by many as a gift by the gods and as a symbol of love, friendship, and trust. In modern times rosemary is grown throughout the world and is widely used as a medicinal herb and to season food.

## Olive leaf

(*Olea europaea*) was first used medicinally in Ancient Egypt. It is gaining recognition as a powerful defender against sickness and numerous scientific studies have been conducted to investigate the extracts beneficial properties. The reported benefits of olive leaf extract range from promoting increased energy and healthy blood pressure, to supporting the cardiovascular system and the immune system.

Olives are native to Asia Minor and Syria, but are cultivated in Mediterranean countries and also Chile, Peru and South Australia. Olive leaf was first used medicinally in Ancient Egypt and was a symbol of heavenly power. It was also used to mummify pharaohs. More recent knowledge of the olive leaf's medicinal properties dates back to the early 1800s when pulverised leaves were used in

a drink to lower fevers. A few decades later, green olive leaves were used in tea as a treatment for malaria.

Modern health professionals first started using Olive Leaf extract in 1995 when it first became available and although a long-term perspective is not yet possible, initial results are very positive. It is emerging as a very promising and unique herb with multiple applications. It shows considerable therapeutic action against many common conditions. Olive leaf extract is gaining recognition as a powerful defender against sickness, and numerous scientific studies have been conducted to investigate the extract's beneficial properties. The reported benefits of olive leaf extract's range from promoting increased energy and healthy blood pressure, to supporting the cardiovascular system, and the immune system.

From research and clinical experience to date, we can say that supplemental olive leaf may be beneficial in the treatment for conditions caused by, or associated with, a virus, retrovirus, bacterium or protozoan. Among those treatable conditions are: influenza, the common cold, candida infections, meningitis, Epstein-Barr virus (EBV), encephalitis, herpes I and II, human herpes virus 6 and 7, shingles (Herpes zoster), HIV/ARC/AIDS, chronic fatigue, hepatitis B, pneumonia, tuberculosis, gonorrhoea, malaria, dengue, severe diarrhoea, and dental, ear, urinary tract and surgical infections.

Many people who live stressful lives or who may be particularly susceptible to colds and viruses may benefit from long-term use of olive leaf as a preventive agent. Some patients have expressed other unexpected benefits of olive leaf, including improved psoriasis, normalisation of heart beat irregularities, diminished cravings, less pain from hemorrhoids, toothaches and chronically achy joints.

Stevia is a fairly new plant supplement that has gained great popularity in recent years to aid in weight management. It possesses a potent sweet taste that is calorie-free and used as a sugar-substitute. The supplement has several other uses and is currently approved by the Federal Drug Administration (FDA). Stevia, unlike many other sugar-substitutes claims to be safe and effective as it is a plant that happens to have a very sweet taste, rather than a synthetic sugar substitute.

### **What exactly is Stevia**

The scientific name for the active ingredients found in Stevia is: Stevioside. The Stevia Rebaudiana plant is a member of the sunflower family. Its full name is rebaudioside A (rebiana). Stevia grows abundantly throughout South America and other sub-tropical areas. Other names for Stevia are: sweet leaf, honey leaf and sugar leaf. Although it is famous for its use as a sweetener, it is also used as a medical supplement for various conditions.

### **History of Stevia**

The Guarani Indians knew of the sweet herb grown in the wild long before it was presented to other parts of the country. The plant is a perennial that was originally indigenous to the Amambay Mountains in Paraguay but the use of Stevia did not claim popularity as a sweetener by others until the 1800s where it became popular in Argentina and Brazil. A Dr. Moises Santiago Bertoni did further research on the sweetener in 1887, with final results not forthcoming until the 1900s where

the plants become more widespread. Plantations became more prevalent nationwide to produce and harvest this valuable leaf throughout the world.