

HERBS that HEAL



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DIET

**“Let food be thy medicine,
and let medicine be thy food.”**

Hippocrates



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The Healing Power of HERBS

Nutrition and food is a basic human need and this is first & foremost requirement for a healthy life.

If you're looking for ways to prevent colds, the flu, and other infections, your first step should be a visit to your local grocery store.

Plan your meals to include powerful immune system boosters herbs.

Your immune system protects against disease, infection, and helps you recover after an injury.

**Build a strong immunity
to ward off diseases
in the community**



Benefits of GINGER



GINGER



Market Forms of GINGER



Ginger can be used fresh, dried, powdered, or as an oil or juice. It's a very common ingredient in recipes. It's sometimes added to processed foods and cosmetics.



USES OF GINGER

Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

Just 1-1.5 grams of ginger can help prevent various types of nausea, including chemotherapy-related nausea, nausea after surgery, and morning sickness.

There are some studies showing ginger to be effective at reducing symptoms of osteoarthritis, especially osteoarthritis of the knee.

Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in people with type 2 diabetes.

Ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort.

There's some evidence, in both humans and animals, that ginger can lead to significant reductions in LDL (bad) cholesterol, total cholesterol, and blood



The Healing Power of Foods

There's some evidence, in both humans and animals, that ginger can lead to significant reductions in LDL (bad) cholesterol, total cholesterol, and blood triglyceride levels.

Ginger may fight harmful bacteria and viruses, which could reduce your risk for infections.

Ginger is a popular home remedy that's used to treat sore throats. Its antioxidant and antimicrobial properties can soothe red, inflamed throats.





Healing power of Ginger

High blood pressure	Heart diseases
Stomach upset	Painful M.C.
Dysmenorrhoea	Motion sickness
Migraines	Osteoarthritis
Vomiting	Gastrointestinal problems
Nausea	Intestinal spasmolytic

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Healing power of Ginger

Colorectal cancer	Inflammation of colon
Ovarian cancer	Liver damages
Cough	Digestive nausea
Bronchi	Bowel movements
Muscle pain	Asthma & respiration
Skin burns	Kidney problems



GINGER TEA to aid digestion



Garlic

Garlic is loaded with good-for-you vitamins and minerals like manganese, selenium, vitamin C, vitamin B₆, and other antioxidants, including allicin.

The health benefits of garlic have been recognized for centuries



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Healing Power of GARLIC

Grab the freshest garlic cloves you can find and add them to your daily diet to reap these benefits for your body.

- Better **Blood Pressure**. ...
- Garlic has anti-inflammatory benefits and helps blood flow more easily through the body
- Lower **Cholesterol**. ...
- Reduced Risk of **Heart Disease**. ...
- Garlic for Colds and Flu. ...
- Better Athletic Performance. ...
- Stronger Bones. ...
- Improved Memory. ...
- Super Skin.



The Healing Powers of Peppers

Cayenne pepper is a fiery spice used by different cultures to add bold flavor and “spiciness” to food. Cayenne peppers, also called “red hot chili peppers”,

They can be used as fresh peppers, but most often they are dried and ground into powder.

Cayenne pepper is also a popular herbal supplement. It contains many nutrients such as calcium, folate, iron, magnesium, potassium, zinc, and vitamin C. One of the main phytochemicals in cayenne pepper is capsaicin.

Capsaicin is what gives peppers their hotness.



The Healing Powers of Peppers

Spice of Life: The Healing Powers of Peppers

Stress Relief. While people may have a stressful look on their faces after they bite into a hot **pepper**, it's actually helping lower their stress levels. ...

Pain Relief. ...

Heart Health. ...

Depression. ...

Antimicrobial Effects. ...

Weight Loss.



The Healing Powers of Peppers

Pain Relief - When applied topically, cayenne ointment can help relieve muscle aches and pains. I have personal experience with this one! The cayenne will warm and soothe your aches and pains. Mix it into your lotions and rub the affected area.

Heart Health – Cayenne pepper increases circulation in the body. It can help regulate blood pressure and cholesterol levels. Dr. Keith Jones, a researcher at the University of Cincinnati, applied capsaicin to the skin of mice, and studied its effects on their hearts. He found that it caused an 85 percent reduction in the death of their heart cells. Thus, he concluded capsaicin to be a form of “cardioprotection”.

Weight Loss - Some studies have shown that eating cayenne with your food can help burn more calories. It can also help curb appetites. Amazingly, piperine in pepper oil helps in forestalling fat cell development that can help you in getting thinner.



The Healing Powers of Peppers

Digestion – As cayenne pepper increases the circulation in your body, it also increases the speed of digestion in your body. The flow of enzymes in your digestion tract speed up and your body creates more gastric juices. It increases your saliva too. Cayenne has also been used in the treatment of stomach ulcers. It helps relieve the pain of a stomach ulcer and can also help rebuild stomach tissue.

You can mix some cayenne pepper in a glass of water or you can take it in capsule form. If you mix it, start with an 1/8 teaspoon and gradually work your way up to a 1/2 teaspoon. If you take the capsules, start with one capsule and work up to two or more.



The Healing Powers of Peppers

A combination of turmeric with pepper oil and ginger in warm water can be used at the beginning of the day to get rid of extra fat and give digestion a lift. Turmeric and pepper, when consolidated together, can help battle elevated cholesterol levels, and diabetes.

This combo helps in keepin



The Healing Powers of Peppers

Colds & Sinus Infections – In a book called Dr. Mom’s Healthy Living, the author, Sandra Livingston Ellis, recommends taking cayenne at the first sign of a cold coming on. “Take two capsules (of cayenne) and stand in a hot steamy shower for several minutes. Take two more capsules.

Drink plenty of fluids and then get into bed with warm blankets. By morning, quite often you will be able to sweat out the toxins in your body and stop the cold before it gets started.”



What is the difference between white and black pepper?

The difference goes further than appearances. The difference between white and black pepper is [how they're made](#). Both types of pepper are actually made from berries from the piper nigrum plant.

In terms of black pepper, it's made from berries that have not yet ripened. These berries are dried until the skin becomes blackened, therefore creating black pepper

White pepper, on the other hand, comes from fully ripened berries. [They either soak them water](#), and then the skin is removed, or the skin can be removed through continual rinsing in water, which helps the pepper become cleaner in the end.

The removal of the skin takes away some of the flavors, such as the piperine. They're processed differently, which can affect the price, the shelf-life, and to some degree, the taste



The Healing Powers of Cinnamon

Cinnamon is made by cutting the stems of cinnamon trees. The inner bark is then extracted and the woody parts removed.

When it dries, it forms strips that curl into rolls, called cinnamon sticks. These sticks can be ground to form cinnamon powder.

The distinct smell and flavor of cinnamon



The Healing Powers of Cinnamon

Antioxidants protect your body from oxidative damage caused by free radicals. Cinnamon is loaded with powerful antioxidants, such as polyphenols

The antioxidants in cinnamon have anti-inflammatory effects, which may help lower your risk of disease.



The Healing Powers of Cinnamon

Cinnamon has been linked to a reduced risk of heart disease, the world's most common cause of premature death.

In people with type 2 diabetes, 1 gram or about half a teaspoon of cinnamon per day has been shown to have beneficial effects on blood markers.

It reduces levels of total cholesterol, "bad" LDL cholesterol and [triglycerides](#), while "good" HDL cholesterol remains stable.



The Healing Powers of Cinnamon

More recently, a big review study concluded that a cinnamon dose of just 120 mg per day can have these effects. In this study, cinnamon also increased “good” HDL cholesterol levels .

In animal studies, cinnamon has been shown to reduce blood pressure. When combined, all these factors may drastically cut your risk of heart disease.

Cinnamon has been shown to reduce fasting blood sugar levels, having a potent anti-diabetic effect at 1–6 grams or 0.5–2 teaspoons per day.



- Insulin is one of the key hormones that regulate metabolism and energy use.
- It's also essential for transporting blood sugar from your bloodstream to your cells.
- The problem is that many people are resistant to the effects of insulin.
- This is known as [insulin resistance](#), a hallmark of serious conditions like metabolic syndrome and type 2 diabetes.
- The good news is that cinnamon can dramatically reduce insulin resistance, helping this important hormone do its job ([12Trusted Source](#), [13Trusted Source](#)).
- By increasing insulin sensitivity, cinnamon can lower blood sugar levels,



The Promised Land to the Israelites was described as a land flowing with milk and **honey** in the **bible**, a sign of the abundance, ease, and prosperity to be found there. 2. **Honey** in the **bible** was a symbol of good health for Samuel.

Proverbs 24:13 My son, eat honey, for it is good, Yes, the honey from the comb is sweet to your taste; Source: <https://bible.knowing-jesus.com/topics/Honey>



HONEY



Raw honey contains an array of plant chemicals that act as [antioxidants](#). Some types of honey have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals.

Manuka honey is used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration.

Studies show that Manuka honey can boost healing time and reduce infection. Keep in mind that the honey used in hospital settings is medical grade, meaning it's inspected and sterile.

It's not a good idea to treat cuts with honey you buy from a store.



Genesis Chapter 1

29 And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat.

30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein [there is] life, [I have given] every green herb for meat: and it was so.

31 And God saw every thing that he had made, and, behold, [it was] very good. And the evening and the morning were the sixth day.



USES OF HONEY

Consume a teaspoon of RAW real honey from your local beekeeper once daily for a month during allergy season and see if you notice a difference.

HONEY IS MEDICINE, IT HEALS CHRONIC WOUNDS THAT ARE RESISTANT TO HEALING:

Pressure wounds

Post-surgical wounds

Meningococcal septicemia, Staph, Herpes, MRSA, Burns

POISON IVY

We've even explored and can provide first-hand experience with using [honey to heal poison ivy](#). No kidding, it helps to soothe the itch and burn that comes with a terrible case of poison ivy.



HONEY for Healing

Lemon, Ginger, honey and Turmeric Tea

This turmeric tea with ginger and lemon is a perfect drink for warming your bones when the weather changes from warm to cold.

Ginger and Turmeric are a wonderful pair and together they are an aromatic delight.

Ways to Incorporate healing honey into your daily routine:

Add one teaspoon of honey to one cup of warm chamomile, orange blossom, lemon balm or linden flower tea- before bedtime for improved sleep.

While we can't promise that our [Eastern Shore Honey](#) will help you bid your sore throat or [allergies](#) farewell, we believe it helps. We encourage you to experience using honey for immunotherapy and if it works for you, then keep doing it.

Warm one cup of milk and add one teaspoon of honey and some ground turmeric. Drink before bedtime.



USES OF HONEY-sleep aid

Prepare one-half glass of orange juice diluted with an equal amount of lukewarm water. Add two teaspoons of honey, and drink just before bedtime.

Steep lavender and peppermint in warm water for 10 minutes, add one teaspoon of [honey](#) and drink before bed.

Combine two ounces of honey with five drops of lavender oil. Add two tablespoons of this mixture to a warm tub of water and enjoy a relaxing soak for 10 to 15 minutes.



CAUTION! On HONEY

In addition to beneficial prebiotics and nutrients, raw honey can also carry harmful bacteria such as *Clostridium botulinum*. This is particularly dangerous for babies.

Raw honey should never be given to an infant less than a year old.

Most commercially sold honey is pasteurized.



Turmeric

Turmeric is the spice that gives curry its yellow color.

It has been used in India for thousands of years as a spice and medicinal herb.



Turmeric

- [Turmeric is a natural anti-inflammatory](#)
- [Turmeric is a powerful antioxidant](#)
- [Turmeric has anti-cancer effects](#)
- [Turmeric may help with skin conditions](#)
- [Turmeric might be brain food](#)



Turmeric

Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Most studies used turmeric extracts that are standardized to include large amounts of curcumin.

Inflammation is incredibly important. It helps your body fight foreign invaders and also has a role in repairing damage. Without inflammation, pathogens like bacteria could easily take over your body and kill you.

Although acute, short-term inflammation is beneficial, it can become a major problem when it becomes chronic and inappropriately attacks your body's own tissues.



Turmeric

Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions ([4Trusted Source](#), [5Trusted Source](#), [6Trusted Source](#)).

Therefore, anything that can help fight chronic inflammation is of potential importance in preventing and even treating these diseases.

Curcumin has powerful antioxidant effects. It neutralizes free radicals on its own but also stimulates your body's own antioxidant enzymes.

Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in your brain.

Curcumin has beneficial effects on several factors known to play a role in heart disease. It improves the function of the endothelium and is a potent anti-inflammatory agent and antioxidant.



Turmeric

Curcumin leads to several changes on the molecular level that may help prevent and perhaps even treat cancer.

Curcumin can cross the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease.

Arthritis is a common disorder characterized by joint inflammation. Many studies show that curcumin can help treat symptoms of arthritis and is in some cases more effective than anti-inflammatory drugs.

A study in 60 people with depression showed that curcumin was as effective as Prozac in alleviating symptoms of the condition.

Due to its many positive health effects, such as the potential to prevent heart disease, Alzheimer's and cancer, curcumin may aid longevity.



Turmeric

It's recommended to find a product with BioPerine (the trademarked name for piperine), which is the substance that enhances curcumin absorption by 2,000%.

Without this substance, most of the curcumin just passes through your digestive tract.



Manage Body Weight with Natural Products

AWESOME WEIGHT LOSS TIPS

www.healthdigeZt.com

HONEY

- sweetness with full of nutrients
- helps you in proper digestion

Ingredients:
1 cup of hot water
1 tbsp. of honey
1 tbsp. of lemon
1 tsp. of cinnamon

Drink this once daily.

HEALTH DIGEST

LEMON

- helps lose weight
- increase metabolic rate

Ingredients:
1 glass of water
2 tsp. of lemon juice
1 tsp. of raw honey

Drink in the morning on an empty stomach.

CINNAMON

- stabilizes blood sugar levels
- gives fewer cravings
- gives satiated feeling

Ingredients:
1 cup of hot water
1 tsp. of cinnamon
1 tbsp. of organic honey

Drink ½ cup in the morning on an empty stomach & ½ cup 45 minutes after dinner.



HERB-MIXTURE to build up your immune System

Immunity for the Community

INGREDIENTS

1 teaspoon (tsp) cayenne pepper powder

1 tsp. turmeric powder,	1 TBSP peeled ginger
1 TBSP cod liver oil,	3 TBSP Olive leaf extract
3 TBSP Elderberry extract	3 TBSP colloidal silver
1/2 cup peeled garlic	½ cup chopped red onion
4 cups lemon juice (or lime juice)	1 1/2 cup raw unfiltered honey

Method

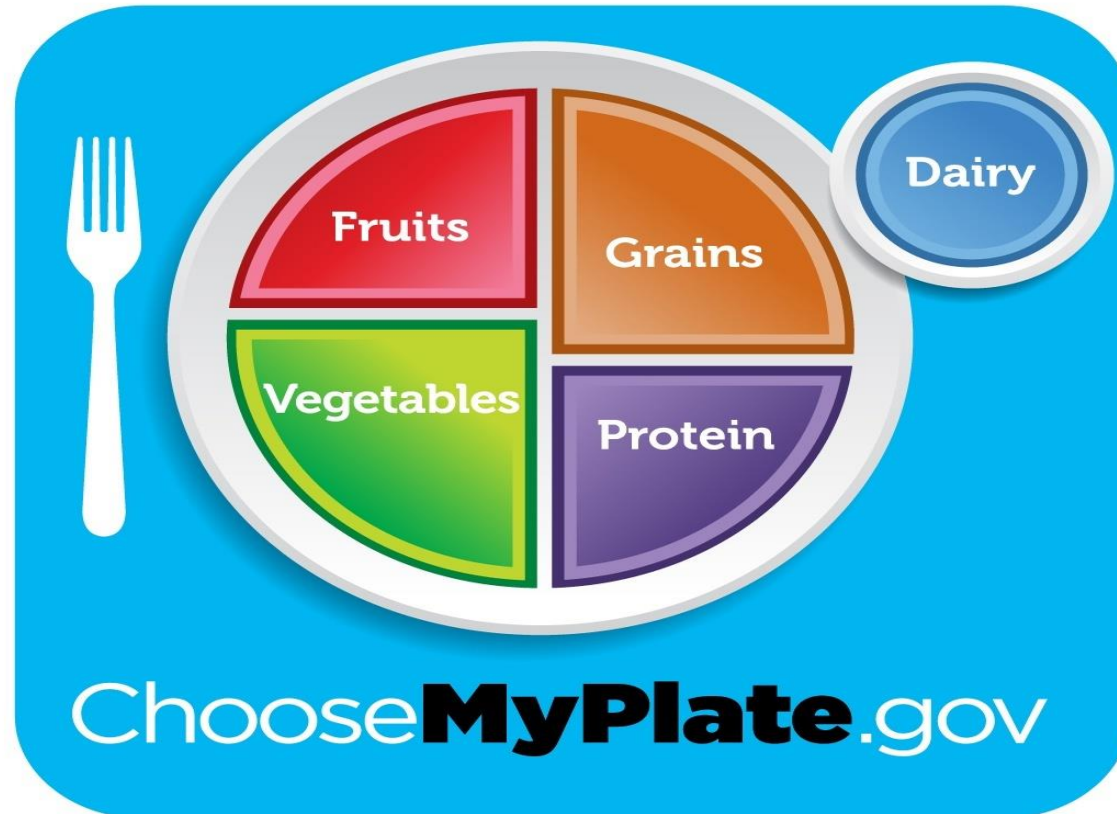
Pour all ingredients in a blender
Blend until it becomes a Thick liquid

Dosage (measure Mixture with Tablespoon)

Take 2 TBSP before Meal in the morning (swallow mixture)
Take 2 TBSP before Meal in the evening (swallow mixture)



The key to getting long-lasting benefits from any food/herb is to eat a balanced diet.



Health does not come from the Pharmacy. It comes from the FARM

Though shifting to a healthier dietary pattern **can** indeed prevent disease, it's critical to understand that **food** cannot and **should** not replace pharmaceutical **drugs**.

Medicine was developed to save lives and treat diseases.

Whole, nutritious foods boast vitamins, minerals, antioxidants, fiber, protein, and fat, all of which promote health and are key to optimal bodily function.



USE HERBS FOR HEALTH EAT HEALTHY DIET.

**HEALTH COMES FROM THE FARM
NOT THE PHARMACY.**

Good Nutrition is the key to better health.

Better health is the key to longer life.

**Build a strong immunity
To ward off diseases
In the community**



DIET

**“Let food be thy medicine,
and let medicine be thy food.”**



Thank you



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Tell us: How do you utilize herbs?



Use herbs wisely, Seek divine guidance, and Obey ALL the Laws of Life and Health.
“...The Herbs of the earth are for the Healing of the Nation...” Rev.

