

EVERYTHING HERBAL

by Cheryl Jabz

BASIL BENEFITS



BASIL HEALTH BENEFITS



1. Rich in Antioxidants: Basil contains compounds like flavonoids and polyphenols that help protect cells from damage caused by free radicals.



2. Supports Heart Health: May help reduce inflammation and support healthy cholesterol levels, contributing to better cardiovascular health.



3. Anti-Inflammatory Properties: Compounds like eugenol can help reduce inflammation in the body, which is linked to many chronic conditions.



4. Natural Antibacterial Effects: Basil has antimicrobial properties that may help fight harmful bacteria and support immune health.



5. Supports Digestion: Traditionally used to soothe the stomach, reduce bloating, and promote better digestion.



6. Stress & Mood Support: Especially Holy Basil (Tulsi), which is considered an adaptogen that may help the body manage stress and promote mental balance.



SIMPLE WAYS TO ENJOY BASIL



PESTO



SALADS



PASTA



HERBAL
BUTTER



TEA



INFUSED
OIL

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