



# EVERYTHING *Herbal* BY CHERYL JABZ



## Thyme Health Benefits

Thyme is a fragrant culinary and medicinal herb known for its earthy, slightly minty flavor and powerful wellness properties. Commonly used in soups, roasted vegetables, poultry dishes, and herbal remedies, thyme has been valued for centuries for both cooking and natural healing.

1

### Rich in Antioxidants

Thyme contains beneficial plant compounds like thymol and carvacrol that help protect the body from oxidative stress and free radical damage.

2

### Supports Immune Health

Thyme has natural antimicrobial and antibacterial properties that may help support the immune system and fight common seasonal illnesses.

3

### Promotes Respiratory Wellness

Traditionally, thyme has been used in herbal teas and steam remedies to help soothe coughs, congestion, and throat irritation.

4

### Aids Digestion

Thyme may help reduce bloating, indigestion, and gas while supporting healthy digestion.

5

### Anti-Inflammatory Properties

The herb contains compounds that may help calm inflammation throughout the body.

6

### Supports Skin Health

Thyme is often used in herbal skincare because of its cleansing and purifying properties.

7

### Naturally Rich in Nutrients

Thyme provides small amounts of vitamin C, vitamin A, iron, manganese, and fiber.



SCAN TO LEARN MORE



[www.EverythingHerbalbyCherylJabz.com](http://www.EverythingHerbalbyCherylJabz.com)

PRINT • SAVE • SHARE

*Thyme is a nourishing herb but is not a substitute for medical care.*