



Using Herbs Safely

While herbs are a healthy addition to your lifestyle, moderation is key. Fresh herbs often provide the best flavor, but dried herbs are also highly concentrated in beneficial compounds.

If you're considering herbal supplements or using herbs for medicinal purposes—especially for conditions like anxiety, sleep issues, or chronic illness—**consult with a healthcare professional first.**

Healthy Herbs & Their Powerful Benefits

Herbs like garlic and others are nutrient-dense plants packed with antioxidants, anti-inflammatory compounds, and antimicrobial properties. These natural powerhouses help support digestion, strengthen the immune system, and promote heart health. Best of all, they're easy to incorporate into everyday cooking—enhancing flavor while reducing the need for excess salt and sugar.



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