

EVERYTHING *Herbal*

BY CHERYL JABZ

Benefits of Adding Herbs to Soup

Herbal soups are a delicious way to enjoy the flavor of herbs while adding nutrients and beneficial plant compounds to your meals.



Supports the immune system: herbs such as parsley, thyme, oregano, rosemary, garlic, and ginger contain antioxidants and plant compounds that may support normal immune function.



Supports brain health: rosemary and sage have been studied for compounds that may support memory and cognitive function as part of a healthy lifestyle.



Promotes hydration: broth-based soups increase fluid intake, which supports hydration and overall wellness.



May support weight management: herbal soups can be filling while being relatively low in calories.



Supports healthy blood sugar management: soups rich in vegetables, lean protein, fiber, and herbs can fit well into a balanced eating plan.



Supports heart health: garlic, parsley, oregano, and basil can add flavor naturally and may help reduce the need for excess salt.



Aids digestion: ginger, fennel, dill, mint, and thyme may help ease occasional bloating and support healthy digestion.



Provides vitamins and minerals: fresh herbs can contribute vitamins A, C, and K, along with minerals such as potassium, calcium, magnesium, and iron.



Contains anti-inflammatory compounds: herbs like turmeric paired with black pepper, rosemary, sage, and ginger contain plant compounds that may help support a healthy inflammatory response.



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