



## 21 Super Healthy Herbs: Magic herbs for herbs that heal and herbs in the kitchen

*Ellen Vincent*

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21 Super Healthy Herbs details the best herbs for improving health and for making meals that are the best tasting ever. Each herb has a full color illustration to show exactly what it is like. Herbs contain many different substances that can be a great benefit to health. Common herbs that we use in our cooking have been used as medicinal plants providing natural remedies for many centuries since ancient times. These days scientists are looking at these herbs once again and still making new discoveries about their properties. All of the herbs in this book can be considered as medicinal herbs. Even the humble Sage herb has many secrets to give up. It can be simply added to food or made up into tea and then you can benefit from all the wonderful health giving substances that it contains. The list of herbs given here are all healing herbs whether they be anti inflammatory herbs, herbs for depression, herbs for high blood pressure or herbs for weight loss. Natural herbs deserve to be at their best and as a result you should try and use fresh herbs rather than dried herbs when you can. Fresh herbs have more flavor and tend to keep some of the more fragile health giving compounds within them at their best. You can take the pure herbs on their own or as part of a meal. Mixing different types of herbs will give you the combined benefits of all of them. Get this book now and learn about what these 21 super healthy herbs can do for you.

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