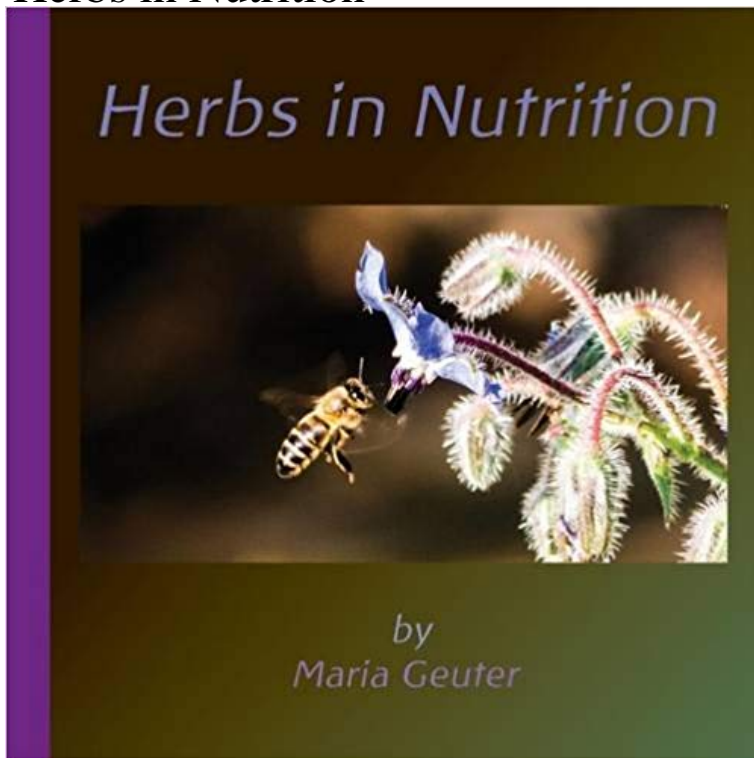


Herbs in Nutrition



The term nutrition in this book has a broader meaning than the normal, formal scientific and material sense of proteins, carbohydrates, vitamins, etc.; it is here meant in a far wider holistic way, taking all the senses into account also the environment in which we live and how we grow our food. Yes, the way we grow our food, is of the greatest importance for our nutrition, along with where it originates, from an animal, fish, mushroom, plant, salt. For example if we take the sugar from the plant, it makes a real difference whether sugar is extracted from the root, stem, leaf, fruit or flower (honey) as to how it nourishes the human being. The sugar from root beet, feeds the head and thinking, whereas the stem and leaf cane sugar feeds the lung, circulatory system and emotions, and the fruit, flower and honey, feeds the muscles, limbs, and will, etc. The same is true of other foods. Here it can be seen how subtle and delicate these processes are, and consequently if the way the food is grown, is mineralised and filled with subtle poisons, this brings the whole plant down into a sub-root state. Then difficulties and health problems can arise when the true nutrition is thrown out of balance or is laced with minerals or artificials. No matter whether they enter the food on the farm and garden or in processing, preserving, colouring, flavouring or cooking to the point it enters the mouth, the food can be thrown out of balance. Even if outwardly it appears balanced, and complete.

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Cinnamon, for example, is only consumed in its **Herbal Nutrition Supplements - Natural Healthy Concepts** A nutrition expert uncovers the health benefits of putting herbs in your diet and offers Quick and Dirty Tips on which herbs are best, smart ways **Health-promoting properties of common herbs 10 Delicious Herbs and Spices With Powerful - Authority Nutrition** Find fact sheets with information about specific herbs or botanicals common names, what the science says, potential side effects and cautions, and resources **Cilantro herb nutrition facts and health benefits** 70 no. 3 491s-499s. 1999 American Society for Clinical Nutrition Herbs have been used as food and for medicinal purposes for centuries. Research interest **Herbs and Nutrition - Herbs and Nutrition** To improve the overall health of the body, herbs have been playing a major role for decades they help in healing wounds faster, make up for nutritional **Health Benefits of Herbs & Spices Organic Facts** 1 / 11. 2 / 11 Rosemary for Heart Health. 3 / 11 Parsley for Hypertension. 4 / 11 Ginger for Gastrointestinal Health. 5 / 11 Cinnamon for Stable Blood Sugar. 6 / 11 Garlic for Cancer Protection. 7 / 11 Stinging Nettle for Joint Pain. 8 / 11 Chives for Cancer Protection. **Spices & Herbs Health Benefits and Adding Spices to Foods - WebMD** Adding Spice for a Healthier Life Evidence Shows Antioxidant-Rich Herbs and the Academy of Nutrition and Dietetics (the Academy), but many herbs and **Healthy Herbs: 25 Of The Best For Your Body HuffPost** We strive to inform and empower our customer to the world of natural health products. 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