

# Kitchen Herbs & Spices: *For* *Detoxing*

Harnessing the Power of Nature





# Hey, I'm Heather!

Owner of Forever Healing Us LLC where I offer health and wellness coaching and consulting. I utilize my Community Health and Health Promotional skills to help those in need of overcoming obstacles in life that may be difficult.

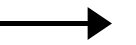
I also am the owner of Divine Waters Apothecary where are mission is to deliver the community wildcrafted and organic teas, herbs, spices, and medicinals to aid individuals during their wellness journey.







Have you done a  
detox before and  
was it worth the  
cost?







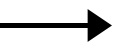
Purpose of the presentation: to explore the benefits of using oregano, onion, garlic, ginger, rosemary, turmeric, cilantro, and basil in our daily lives for detoxification







Ready to learn  
*effective* detoxing  
methods that can  
save you money  
with everyday  
kitchen herbs?





# Detoxing 101

What is a detox?

Importance of detoxifying the body

Maintaining a healthy lifestyle.





# Detoxing 101

The body's natural detoxification processes

How herbs and spices can enhance these processes

The benefits of using natural ingredients







# Using Oregano

Oregano is a potent herb with multiple health benefits. It is also high in antioxidants which aid detoxification. It has antimicrobial and anti-inflammatory properties, which support the body's cleansing mechanisms.

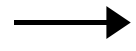
## Utilization

Oregano can be drunk as tea, blended tea, or made into an oil to put on areas of the body to further reduce skin sores. You can also add it to your meals which they couple well with eggplant, tomatoes, zucchini, or cucumbers.

Don't be shy with the seasoning, incorporating oregano into daily meals for detoxification.







# Herbal *benefits* *of Oregano*

It can help reduce bad cholesterol, fight fungal infections, and regulate blood sugar and lipids  
Possible medical uses range from diabetes to cramps

It may also help reduce the risk of cancer as well as skin sores, aching muscles, asthma, diarrhea, indigestion, colds, and can boost overall health







# Using Cilantro

Cilantro is a potent herb with multiple health benefits in the form of reducing the risk of heart disease, diabetes, obesity, and seizure severity, as well as raising energy levels and healthy hair and skin.

## Utilization

Cilantro can be drunk as a blended tea or made into an oil to put on areas of the body to improve circulation while soothing and nourishing the skin.

You can also add it to your meals which they couple well with peppers, salsa, potatoes, and asparagus.

Don't be shy with the seasoning, incorporating cilantro into daily meals for detoxification.





# → Herbal *benefits* *of Cilantro*

Rids the Body of Heavy Metals

Protects Against Oxidative Stress

Reduces Anxiety

Lowers Blood Sugar Levels

Supports Heart Health

Prevents Urinary Tract Infections

Settles Digestive Upset

Protects Against Food Poisoning

Supports Healthy Menstrual Function

Prevents Neurological Inflammation

May Help Protect Against Colon Cancer





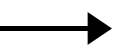


# Using Turmeric

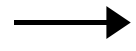
Turmeric is a potent herb with multiple health benefits as well as reducing digestive disorders and liver disease. Also known to reduce arthritis and respiratory infections.

## Utilization

Turmeric can be drunk as tea blended tea or made into a rub to put on areas of the body to improve circulation and reduce inflammation. You can also add it to your meals which they couple well with cauliflower, Brussels sprouts, carrots, and roasts. Don't be shy with the seasoning by incorporating this spicy herb you are bound to see and feel the effects of detoxification.







# Herbal *benefits* of *Turmeric*

Reducing irritation and soothing the skin, heart disease, and cancer

Improving the upper respiratory tract, joints, allergies, depression, and neutralizing free radicals





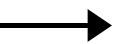


# Using Ginger

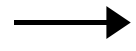
Ginger is a potent herb with multiple health benefits as well as increases serotonin and dopamine levels. This herb can reduce inflammation, which may cause depression.

## Utilization

Ginger can be drunk as tea blended tea or made into a rub to put on areas of the body to improve circulation and reduce inflammation. You can also add it to your meals which couples well with broccoli, corn, nectarine, spinach, and roast beef. Don't be shy with the seasoning by incorporating this spicy herb you are bound to see and feel the effects of detoxification.







# Herbal *benefits* *of Ginger*

for anxiety, depression, dementia, Alzheimer's disease and post-traumatic stress disorder.

Ease stomach pains: Ginger can treat nausea and motion sickness.







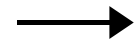
# Using Basil

Basil is a potent herb with multiple health benefits as well as blocking calcium channels, which may help to lower blood pressure. The essential oils in the herb can help to lower your cholesterol and triglycerides.

## **Utilization**

Basil can be drunk as tea blended tea or made into a rub to put on areas of the body to ease minor skin irritation, cramps, and joint pain. You can also add it to your meals which couples well with artichokes, mushrooms, and green vegetables including salad greens. Add mixed greens, romaine lettuce, red leaf lettuce, or watercress for a delicious detoxing salad. →





# Herbal *benefits* *of Basil*

help ease muscular aches, spasms, gout, flatulence, and exhaustion. It is also said to enhance immune function, protect against infection, reduce water retention, and stabilize irregular menstruation.

Basil also contains magnesium, which can help to improve blood flow by allowing muscles and blood vessels to relax.





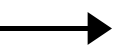


# Using Rosemary

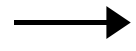
Rosemary is a powerful antibacterial, antiviral, and antifungal herb with potent properties to help lower the risk of infection and help the immune system fight any infections that do occur.

## Utilization

Rosemary can be drunk as tea blended tea or made into a rub to put on areas of the body to improve brain function, stimulate hair growth, relieve pain and joint inflammation, eases stress, and increase circulation and alertness. You can also add it to your meals which couples well with carrots, parsnips, beets, potatoes, and sweet potatoes.







# Herbal *benefits* *of Rosemary*

Reduces depression and stress

Increase concentration and memory

Rosemary, combined with other pleasant-smelling oils, may lower cortisol levels and help reduce anxiety.





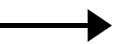


# Using Onion

Onion Is a potent herb with multiple health benefits as well as increases digestion and supports bone health, This herb can reduce blood sugar levels and it's a great source of vitamin C.

## Utilization

Onion can be made into a rub or poultice to put on areas of the body to improve circulation, reducing inflammation, and the risk of Alzheimer's Disease. It has many antioxidants, antibacterial properties, and it is loaded with nutrients. You can also add it to your meals which couples well with kale, turnips, and cabbage.







# Herbal *benefits* *of Onion*

excellent source of vitamins C and B6, folate, iron,  
and potassium

rich in manganese which offers protection against  
cold and flu

reduces the stiffness of blood vessels and lower  
blood pressure levels





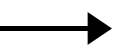


# Using Garlic

Garlic is highly nutritious but has very few calories while reducing blood pressure. It may improve cholesterol levels, which may lower the risk of heart disease.

## **Utilization**

Garlic can be made into an oil or rub. Apply it to areas of the body to increase the rate of wound healing while decreasing the rate of infection. You can also add it to your meals which couples well with honey, butter, chili, and cheese.







# Herbal *benefits* *of Garlic*

may help detoxify heavy metals in the body  
improve bone health  
helps boost your immune system  
help with the prevention of cancer  
has antibiotic properties  
may prevent Alzheimer's and Dementia  
helps eliminate mucus in the body







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**Contact Heather for educational sessions  
and consultations at**

[foreverhealingus.com](http://foreverhealingus.com)

**Visit our shop for teas and herbs**

[divinewatersapothecary.com](http://divinewatersapothecary.com)

or send a message to 2034037032