



Suppers Programs

WORKSHOPS AT TRENTON FARMERS MARKET

General Benefits of Herbs

There are countless herbs grown across the globe. Below are just a few of their uses.

Strengthen the Immune System

Herbs are rich in antioxidants, phytosterols, vitamins, and other nutrient substances that equip the body to fight against toxins and germs. They help in boosting the immune system as well. In fact, you can call herbs as 'medicines' when taken in small doses. These immune-boosting herbs are [elderberry](#), [garlic](#), [ginger](#), [onion](#), hibiscus, cinnamon, and goldenseal.

Anti-inflammatory Properties

The [essential oils](#) present in some herbs, like ginger root, have excellent anti-inflammatory properties. These herbs [inhibit](#) the enzyme cyclooxygenase (COX), which facilitates inflammatory reactions in your body. This is the reason why herbs are excellent natural remedies for conditions like inflammation, osteoarthritis, and rheumatoid [arthritis](#), and inflammatory bowel ailments like ulcerative colitis.

Reduce Blood Sugar & Cholesterol Levels

Some herbs have positive effects on the pancreas, thereby [balancing](#) blood sugar levels. They have reportedly controlled many cases of type I or type II [diabetes](#). For instance, fenugreek, [bilberry](#), and [cayenne pepper](#) extracts are said to be good blood sugar-stabilizing herbs. Herbs like [psyllium](#), fenugreek, and licorice can result in a noteworthy reduction of cholesterol and blood pressure levels, thereby preventing various coronary ailments.

Prevent Alzheimer's Disease

Many herbs have antioxidant, anti-amyloid, and anti-inflammatory properties, which can [effectively prevent](#) Alzheimer's disease. In Europe, the Ginkgo herb has been used widely to treat Alzheimer's disease and other forms of [dementia](#).

Prevent Cancer

Since ancient times, especially in Chinese medicine, herbs were extensively used for treating cancer symptoms. In fact, herbs also help soothe the aftereffects of chemotherapy. Researchers at [Memorial Sloan Kettering Cancer Center](#) have shown through a number of studies that gastric, hepatoma, colon, and [breast cancer](#) cells can be effectively destroyed by many medicinal herbs like oldenlandia, scutellaria, taraxacum, and phragmites. These herbs purify blood and prevent cell mutations that usually lead to cancerous growths. The volatile oils derived from certain herbs emit cytotoxicity action against pancreatic, prostate, endometrial, and [colon cancer](#) cells. However, the selection of herbs to cure cancer should be strictly done under the supervision of a medical practitioner.



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Skin Care

For ages, herbs have shown significant benefits when it comes to **natural** skin care. Amongst the innumerable herbs found all over the globe, some common herbs like neem, turmeric, aloe vera, and **holy basil** assure radiant and healthy skin. If you mix the powdered form of holy basil, neem, mint leaves and a pinch of turmeric powder, it will eventually fade any dark spots on your face. Chamomile oil, when applied topically, helps repair damaged skin tissues. **Tea** tree oil is a great herbal extract used in cosmetics like face washes and creams for oily skin, as it has the ability to control oil secretion from the pores. Aloe vera is extensively used in manufacturing skin products, as this herb gives a smooth and youthful touch to the skin. Basil leaves are also an important ingredient for skin care products, particularly in **India**.

Hair Care

Like skin care, hair care has also become a prevalent practice through herbal applications. Massaging your hair with jojoba oil stimulates the bountiful growth of your hair. There are many more herbs like gotu kola, **horsetail**, ginseng, and marigold extract that similarly **stimulate** hair growth. If you use cooled **chamomile tea** as a hair toner, it will give you a natural blonde hair coloring effect. With the application of **lemon** juice, you can enhance the color effect as well. Aloe vera juice or oil regenerate hair cells, thereby repairing damages and also soothing the scalp with a cooling sensation. Fenugreek enhances blood circulation to the hair roots. **Ivy burdock** cleanses hair and also cures scalp problems like itchiness and dandruff.

Dental Care

Herbal toothpaste is now widely available in the market, which often ensures a perfect set of teeth and gums for you without any side effects. Some tooth cleaners on the market contain harsh abrasives, whiteners, detergents, or bleach that can cause harm to your teeth over the long term. Thus, opting for herbal methods for natural dental care is a wise choice. There are numerous herbs that, when used directly on the teeth and gums, give wonderful results. For instance, rubbing **sage** leaves on the teeth and gums cleans them instantly and makes the texture smooth. If teeth stains are a problem for you, rub alpine **strawberry** over the teeth. **Bad breath** can also be easily eradicated by using lavender water, fresh **parsley** or mint tea as an herbal mouthwash. For toothaches, **clove oil** is probably the most effective and readily available medicine. For a healthy mouth and gums, herbs like alpine strawberry, lavender, **thyme**, sage, neem, **fennel**, parsley, aloe vera, and mint are found to be very effective and are widely used in the manufacturing of herbal toothpaste, mouthwashes, and teeth whiteners.