



Chloe Kitts  
NYR Organic  
Independent  
Consultant

@NYROrganicChloeKitts

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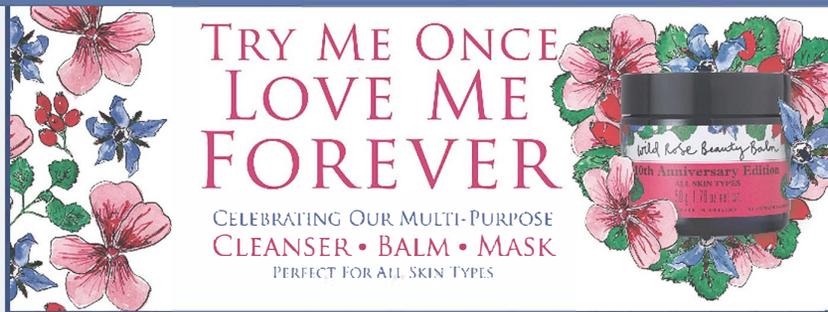
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Chloe Kitts NYR Organic Independent Consultant

March 18, 2014 ·

Mmm, enjoying a nice cup of Vitality Tea with Siberian Ginseng and Thyme...

SIBERIAN GINSENG is used for conditions of the heart and blood vessels such as high blood pressure, low blood pressure, hardening of the arteries (atherosclerosis), and rheumatic heart disease.

It is also used for kidney disease, Alzheimer's disease, attention deficit-hyperactivity disorder (ADHD), chronic fatigue syndrome, diabetes, fibromyalgia, rheumatoid arthritis, flu, colds, chronic bronchitis, and tuberculosis. It is also used for treating the side effects of cancer chemotherapy.

Some people use Siberian ginseng to improve athletic performance and the ability to do work. They also use it to treat sleep problems (insomnia) and the symptoms of infections caused by herpes simplex type 2.

It is also used to boost the immune system, prevent colds, and increase appetite.

Health benefits of thyme 1: Rich in nutrients

THYME is packed with flavonoids that have antioxidant capacity. It is also a good source of manganese and vitamin K, which allow for antioxidant protection. Antioxidants protect against free radical damage and oxidative stress, which increase the risk of cancer and heart disease and accelerate the aging process.

Health benefits of thyme 2: Anti-inflammatory benefits

Several different studies have found that thyme contains anti-inflammatory properties and may help prevent chronic inflammation of the body.

Health benefits of thyme 3: A healthy heart

The antioxidant protection of thyme combined with its anti-inflammatory effects help to prevent cardiovascular disease as chronic inflammation is one of the leading causes of heart disease.

Health benefits of thyme 4: Fight off bacteria

Thyme has antibacterial properties which are proven to help fight a variety of bacteria and fungi, including e.coli. Lab studies found that thyme oil extract showed fighting power against antibiotic-resistant strains of several different types of bacteria.

Health benefits of thyme 5: Breathe easy

Thyme helps to improve respiratory health and has been used for centuries to treat chest and respiratory conditions like coughs and bronchitis. Try making your own thyme tea by steeping a few leaves in hot water and allowing to brew. Drink the tea to help treat respiratory conditions and a cold.

Health benefits of thyme 6: Get some iron

Thyme is a great source of iron, providing nearly 20% of the recommended daily allowance for an adult in only 2,8 grams. Iron is essential for energy production and iron deficiency may cause anaemia, fatigue and make the body more susceptible to infection.

Health benefits of thyme 7: Feel it in your bones

Thyme can also help to improve bone health as it is an excellent source of vitamin K and a good source of iron, calcium and manganese which are all essential to promoting proper bone growth, maintaining strong, healthy bones and preventing bone disease.

Health benefits of thyme 8: Skin health

A study at Leeds Metropolitan University in England found that thyme was effective at fighting the bacteria that causes skin acne. Herbs like thyme are thought to be gentler on the skin than other products because of their anti-inflammatory properties.

So add some thyme to your life and reap a range of rewards.

For more health tips see How to beat menopause; The 411 on vitamins: what you should be getting from your diet; Dealing with anaemia and 5 symptoms you should never ignore

NYR Organic UK

A vitality-boosting blend to help mind and body keep up with the demands of busy lifestyles. With Siberian ginseng and modiola to boost endurance, schisandra to help the mind remain calm yet focussed, plus energising thyme and liquorice.

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