

**SUBJECT:**

How the Herbs You're Growing Help Fight Cancer, Inflammation, and Disease

Hi [first-name]

How often have you had a good idea, bought what you need, only to leave it sitting in a cupboard unused?

We all do it, and if you're anything like me, it happens way more than you would like...

(As a healthy-food lover and aspiring home chef, I once bought a breadmaker to make my own healthier bread... And two weeks later decided to go low carb and gluten-free!)

But when we really *understand* something's value, it's a totally different story.

I want to make sure you have *everything* you need to grow your herbs—including the information about the amazing health promoting properties hidden within them—so they don't sit unused in a cupboard, but get planted and yield their maximum potential for your benefit.

As I'm sure you're aware rates of cancer, inflammation, and chronic disease are on the up. Many factors are being identified as contributors to these epidemics, including poor diet, non-organic methods of farming, and environmental pollution to name but a few.

But we are NOT powerless against it all, we can make choices which fight against the trends. And the herbs you have purchased are one way, simple but powerful.

Our bodies have incredible mechanisms built into them to help fight disease and infection. And when we support our bodies with the right nutrients, we're giving ourselves the advantage.

Find out below how your small pots of green herbs will be absolutely packed with health-promoting goodness that you may be completely unaware of. Here's just a few of the top treasures hidden in cilantro, basil, oregano, thyme, sage, and parsley.

*(I've put the key points in **bold** so if you just want a quick low-down you can check those out, but if you want a bit more detail it's there for you too...)*

## Cilantro

**Cilantro is a commonly used component in detoxification protocols because of its chemical makeup. It also has powerful antioxidant properties:**

- Oxidation is a natural consequence of metabolism, but it increases when the body is stressed, or exposed to toxins and infections.

- Oxidation produces free radicals, high levels of which can lead to signs of aging and disease, including many chronic degenerative disorders.
- A good intake of antioxidants is an important step, which can help to slow down the effects of aging and help to prevent the development of disease.
- Nutritional antioxidants found in cilantro, basil, oregano, thyme, sage and parsley are prized ingredients in a healthy diet.

**Cilantro has been found to:**

- **Help reduce anxiety**
- **Improve sleep**
- **Help to balance blood sugar**
- **Have anti-inflammatory properties, which can help protect the brain and more**
- **Be rich in dietary fiber, and certain vitamins and minerals (including calcium).**

## Basil

Basil is a power house which has been shown to help the body adapt to stress and more...

- **High levels of antioxidants can help the body to fight the oxidative stress** (see above in cilantro for more details).
- **Possess anti-inflammatory properties.** Chronic inflammation is a risk factor for many diseases, including heart disease, inflammatory bowel conditions, and rheumatoid arthritis, so anti-inflammatory ingredients are important to the diet.
- Antibacterial activity.

Basil is rich in certain vitamins and magnesium.

## Oregano

Oregano has a powerful benefits which go far beyond flavouring your pizza!

- **Commonly used in programs for its amazing antifungal and antimicrobial properties.**
- **Possesses anti-inflammatory properties.**
- **Powerful antioxidant properties** (one of the highest ratings on antioxidant activity scales, and 42 times as powerful as apples!).

Oregano is known to be rich in certain vitamins and minerals, fiber, and **phytochemicals, including carnosol.**

**Carnosol is a phytochemical found in oregano, as well as parsley, sage, and rosemary, which ‘has been evaluated for anti-cancer property in prostate, breast, skin, leukemia, and colon cancer with promising results.’ See [here](#).**

*I am SO excited to be able to bring to you such high quality sources of 3 of these 4 carnosol-rich herbs!*

## Thyme

**Chemical components within thyme have been shown to possess properties which can help to boost mood, and support various systems of the body, including the**

- **Immune system**
- **Respiratory system**
- **Digestive system**
- **Nervous system**

Rich in certain vitamins and minerals, fiber and antioxidants, thyme also contains chemicals like

- **Thymol (antibacterial and antifungal)** making it a powerful antimicrobial herb
- **Carvacrol (with mood boosting potential, and showing promising anti-tumor activity).**

## Sage

**Sage has been used for medicinal purposes for thousands of years**—including for some symptoms of menopause and for enhancing memory—perhaps because of its chemical components which provide the following properties

- Anti-inflammatory
- Antioxidant
- Blood sugar support

Sage is rich in—you guessed it—a wide (and I mean impressively wide) range of various vitamins (**including the essential vitamin K** which is not found in many foods), minerals, and fiber.

## Parsley

So amazing is parsley that it is sometimes called a **superfood! Packed with antioxidants, anti-inflammatory, and anti-microbial properties, it is often included in detox programs. Its chemical makeup helps support heart and brain health, blood sugar balance, and fight tumor formation, and more...**

And of course, you know it by now... parsley is packed with nutrients, including various vitamins (parsley is another **high quality source rich in vitamin K**), minerals and fiber.

Did you pick up the common threads? High in a wide variety of key nutrients, and possessing various vital disease fighting properties... your herbs are like little powerhouses packed with health-promoting benefits... and all wrapped up in delicious flavorsome fresh herbs for you to use in your home-cooking.

So here's hoping you're feeling completely won over to pot your seeds, and harvest your beautiful herbs.

And if you have any questions, simply click 'reply' to this email and let us know how we can help you.

Have a great day,

[Name and company name/brand]