

Clemmons SDA Fellowship Health Minute

10/21/23



Benefits of Thyme:

- Thyme is an herb from the mint family and is a culinary staple.
- There are over 400 sub-species of thyme.
- Thyme is known for its antibacterial properties which is a fighter then can reduce pimples.
- Thyme extract may significantly reduce high blood pressure and lower cholesterol.
- Thyme and ivy leave oil help alleviate coughing and other symptoms of acute bronchitis so try some thyme tea, lemon thyme is one of my personal favorites in a cough syrup, for coughs/sore throat.
- Thyme is packed with nutrients: Vitamin A & C, copper, fiber, iron and manganese.
- Thyme is an excellent disinfectant it is also an effective killer of o mold in the house.
- Thyme oil is used to combat bacteria, viruses, vermin, and mosquitoes.
- Thyme can have positive effects on our feelings and mood.
- Bacterial infections? Food poisoning? Thyme may be able to help.
- Thyme and clove essential oil have shown evidence of potential benefit to inhibit breast cancer cells.
- You can use fresh or dried thyme as a substitute for salt in cooking. This is important if you're trying to regulate high blood pressure.
- Add thyme to your foods, make a thyme tea, smooth it on your skin as a salve/essential oil blend.
- Gargle with a thyme solution or use it in a diffuser to help cleanse/purify the air in your home.