

Herb of the Week: **OREGANO**



Health Benefits

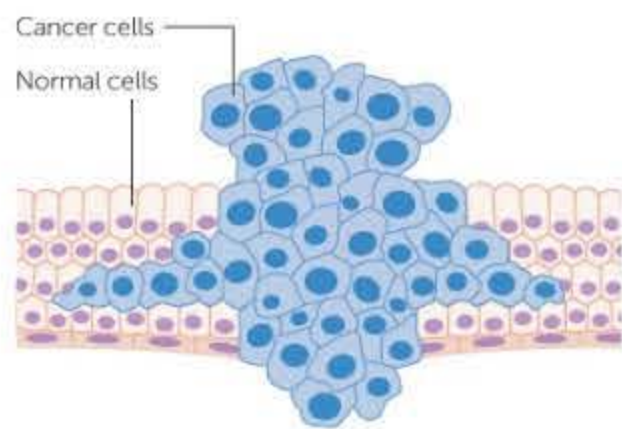


LOWERS INFLAMMATION

It contains antioxidants which fight inflammation

SUPPORT DIGESTION

It is high in fiber which is important for gut health.



Cancer Research I

ANTI-CANCEROUS

Contains compounds that can suppress cancer cell growth



Kitchen Tips

USE AS SEASONING

USE AS A TOPPING

MIX INTO SALADS

ADD INTO SAUCES

read more about these tips:
<https://www.organicfacts.net/health-benefits/oregano.html>