**Herb of the Week:**
**LEMON VERBENA**

**Health Benefits**

**STRENGTHENS MUSCLES**
contains antioxidants that lower muscle damage without disrupting muscle mass development and helps lower appetite

**EASES DIGESTION**
helps reduce stomach bloating and cramping

**IMPROVES IMMUNITY**
contains antioxidants that lower inflammation and contribute to better overall health

**Kitchen Tips**

- **DRINK IT AS A TEA**
- **ADD TO YOUR FAVORITE FISH & POULTRY DISHES**
- **ADD INTO SALADS**
- **ADD INTO JAMS & DRESSINGS**

read more about these tips:
https://www.organicfacts.net/health-benefits/herbs-and-spices/lemon-verbena.html