Herb of the Week: LEMONGRASS

Health Benefits

LOWERS CHOLESTEROL
It can help lower bad cholesterol levels in the blood

IMPROVES SLEEP
It calms nerves and muscles, promoting relaxation and sleep

TYPE-2 DIABETES BENEFITS
It helps improve the body's tolerance to sugar

Kitchen Tips

ADD INTO SOUPS
ADD INTO SALADS
DRINK IT AS A TEA
MAKE INTO A PASTE

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