Herb of the Week: MINT

Health Benefits

AIDS DIGESTION
Has soothing effect on stomach

REDUCES DEPRESSION
Natural stimulant that boosts mood and lessens anxiety

SKIN CARE
Mint juice alleviates acne and bug bites, when applied topically

Kitchen Tips

CHEW THE FRESH LEAVES

DRINK IT AS A TEA

MAKE IT INTO A JUICE

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