

USEFUL HERBS

Açai	Curry leaf	Linden flower	Saffron ↓BP
Artichoke	Dill	Marjoram	Saw Palmetto
Basil	DIMs	Milk thistle	Sorrel
Bay leaf	Drumstick	Mint ↑ GERD	Speedwell
Bilberry	Echinacea	Moringa oleifera	Summer savory
Broccoli sprouts DIMs	Elderberry	Mulungai	Tarragon
Caraway seeds	Fennel	Murungai	Thai ginger
Chamomile	Galangal	Mustard seed	Thyme
Chervil	Garlic	Nettle ↓ uric acid	Triptolide (wait)
Chia	Hemp	Onion	Turmeric
Chillies	Himalayan pink salt	Oregano ↓candiasis	Veronica
Chives	Lei gong teng	Parsley ↓BP	
Cilantro	Lemon grass	Peppermint ↑ GERD	
Cinnamon	Lemon thyme	Raspberry leaf	
Cranberry juice	Lemon verbena	Rooibos	
Cumin	Lime leaf	Rose Hips	

☉ NEUTRAL PROTEIN 0.6 GRAMS/KG ☉ PLANT BASED ALKALINE DIET ☉ LOW SALT 1200 MG SODIUM

☉ WATER