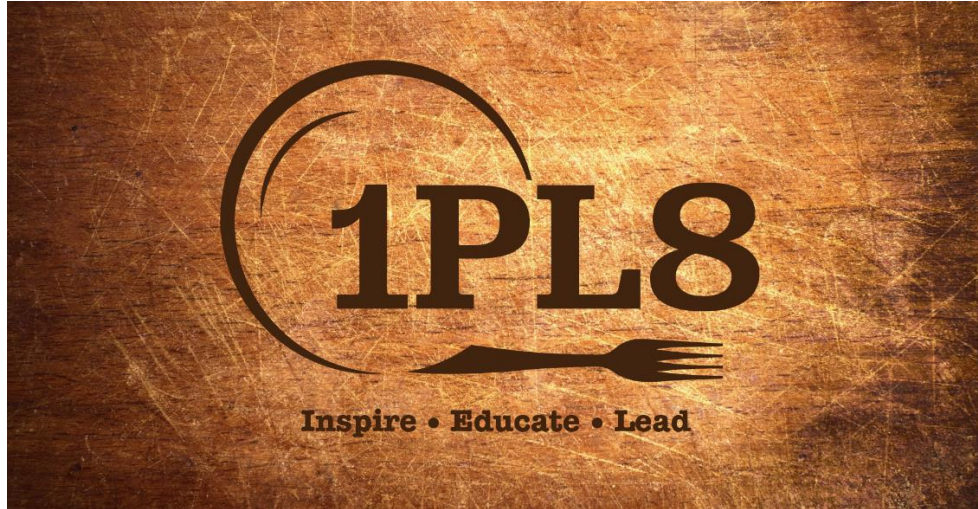


1PL8 Weekly Tip



Every week we hope you will allow us to share our knowledge with you. They will save you money, save you time and get you healthy.

Herb Tip:

In the difficult times we are in now a strong immune system is vital. Using the proper foods will allow you to strengthen your immune system. There are foods and herbs that can do that for you naturally. The herb I would like to discuss today is THYME.

Thyme exhibits antimicrobial, antioxidant, anti-carcinogenesis, anti-inflammatory, and antispasmodic activities, according to recent 2018 study. It is packed with Vitamin C, A, iron and magnesium. So, it can help in regulating blood pressure, and cholesterol.

Use fresh with chicken, fish, soups, stews, salads, and any vegetable dish.

And please stay away from overly processed, sodium packed, additive and preservative rich canned products.

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