

Ingredients Medicinal Properties

Hyamsons Tasmanian FireWater



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1) Apple Cider Vinegar

- Acetic acid gives vinegar its strong flavor. Researchers believe this acid is responsible for apple cider vinegar's health benefits. Cider vinegars are 5–6% acetic acid.



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- Organic, unfiltered, raw apple cider vinegar also contains a substance called mother, which consists of strands of proteins, enzymes, and friendly bacteria that give the product a slightly murky appearance.

- ACV can help kill harmful bacteria

Vinegar can help kill pathogens, including bacteria and viruses.

People have traditionally used vinegar for cleaning and disinfecting, treating nail fungus, lice, warts, and ear infections.

Hippocrates, the father of modern medicine, used vinegar to clean wounds more than 2,000 years ago.

Vinegar is also a food preservative. Studies show that it inhibits bacteria like E. coli from growing in and spoiling food.

Anecdotal reports also suggest that diluted apple cider vinegar could help with acne when applied to the skin.

- To date, one of the most convincing applications of vinegar is helping treat type 2 diabetes.

Type 2 diabetes is characterized by high blood sugar levels caused by insulin resistance or the inability to produce insulin.

However, people without diabetes can also benefit from keeping their blood sugar levels in the normal range, as some researchers believe that high blood sugar levels are a major cause of aging and various chronic diseases.

The most effective and healthiest way to regulate blood sugar levels is to avoid refined carbs and sugar, but apple cider vinegar may also have a beneficial effect.

Research suggests that vinegar offers the following benefits for blood sugar and insulin levels:

- A small study suggests vinegar may improve insulin sensitivity by 19–34% during a high carb meal and significantly lower blood sugar and insulin response.
- In a small study in 5 healthy people, vinegar reduced blood sugar by 31.4% after eating 50 grams of white bread.
- A small study in people with diabetes reported that consuming 2 tablespoons of apple cider vinegar before bedtime reduced fasting blood sugar by 4% the following morning.

Numerous other studies in humans show that vinegar can improve insulin function and lower blood sugar levels after meals.

- Studies show that vinegar could help people lose weight.



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Several human studies show that vinegar can increase feelings of fullness. This can lead to eating fewer calories and losing weight.

For example, according to one study, taking vinegar along with a high carb meal led to increased feelings of fullness, causing participants to eat 200–275 fewer calories throughout the rest of the day.

Furthermore, a study in 175 people with obesity showed that daily apple cider vinegar consumption led to reduced belly fat and weight loss:

- taking 1 tablespoon (15 mL) led to a loss of 2.6 pounds (1.2 kg)
- taking 2 tablespoons (30 mL) led to a loss of 3.7 pounds (1.7 kg)

Overall, apple cider vinegar may contribute to weight loss by promoting satiety, lowering blood sugar, and reducing insulin levels.

- Animal studies suggest that apple cider vinegar can lower cholesterol and triglyceride levels, as well as several other heart disease risk factors.
- Some studies in animals have also shown that vinegar reduces blood pressure, which is a major risk factor for heart disease and kidney problems

2) Raw Honey

- A good source of antioxidants

Raw honey contains an array of plant chemicals that act as antioxidants. Some types of honey have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals.

Free radicals contribute to the aging process and may also contribute to the development of chronic diseases such as cancer and heart disease. Research shows that antioxidant compounds in honey called polyphenols may play a role in preventing heart disease.

- Antibacterial and antifungal properties

Research has shown that raw honey can kill unwanted bacteria and fungus. It naturally contains hydrogen peroxide, an antiseptic. Its effectiveness as an antibacterial or antifungal varies depending on the honey, but it's clearly more than a folk remedy for these kinds of infections.



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- Heal wounds

Some types of honey are used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration.

Studies show that honey can boost healing time and reduce infection.

- Phytonutrient powerhouse

Phytonutrients are compounds found in plants that help protect the plant from harm. For example, some keep insects away or shield the plant from ultraviolet radiation.

The phytonutrients in honey are responsible for its antioxidant properties, as well as its antibacterial and antifungal power. They're also thought to be the reason raw honey has shown immune-boosting and anticancer benefits.

- Help for digestive issues

Honey is sometimes used to treat digestive issues such as diarrhea, it's also proven to be effective as a treatment for *Helicobacter pylori* (*H. pylori*) bacteria, though, a common cause of stomach ulcers.

It's also a potent prebiotic, meaning it nourishes the good bacteria that live in the intestines, which are crucial not only for digestion but overall health.

- Soothe a sore throat

Have a cold? Try a spoonful of honey. Honey is an old sore throat remedy. Add it to hot tea with lemon when a cold virus hits you.

It also works as a cough suppressant. Research has suggested that honey is as effective as dextromethorphan, a common ingredient in over-the-counter cough medication. Just take one or two teaspoonfuls, straight.

3) Garlic

- Garlic Contains Compounds with Potent Medicinal Properties
- Garlic is a plant in the Allium (onion) family.



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- Throughout ancient history, the main use of garlic was for its health and medicinal properties.
- Its use was well documented by many major civilizations, including the Egyptians, Babylonians, Greeks, Romans and Chinese.
- Garlic Is Highly Nutritious but Has Very Few Calories
- One clove (3 grams) of raw garlic contains:
 - Manganese: 2% of the Daily Value (DV)
 - Vitamin B6: 2% of the DV
 - Vitamin C: 1% of the DV
 - Selenium: 1% of the DV
 - Fiber: 0.06 grams
 - Decent amounts of calcium, copper, potassium, phosphorus, iron, and vitamin B1
 - This comes with 4.5 calories, 0.2 grams of protein and 1 gram of carbs.
- Garlic Can Combat Sickness, Including the Common Cold

Garlic supplements are known to boost the function of the immune system.

One large, 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared to a placebo.

The average length of cold symptoms was also reduced by 70%, from 5 days in the placebo group to just 1.5 days in the garlic group.

Another study found that a high dose of aged garlic extract (2.56 grams per day) reduced the number of days sick with cold or flu by 61%.

- The Active Compounds in Garlic Can Reduce Blood Pressure

Cardiovascular diseases like heart attacks and strokes are the world's biggest killers. High blood pressure, or hypertension, is one of the most important drivers of these diseases.

Human studies have found garlic supplements to have a significant impact on reducing blood pressure in people with high blood pressure.

In one study, 600–1,500 mg of aged garlic extract was just as effective as the drug Atenolol at reducing blood pressure over a 24-week period.

- Garlic Improves Cholesterol Levels, Which May Lower the Risk of Heart Disease

Garlic can lower total and LDL cholesterol.



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For those with high cholesterol, garlic supplements appear to reduce total and/or LDL cholesterol by about 10–15%.

Looking at LDL (the “bad”) and HDL (the “good”) cholesterol specifically, garlic appears to lower LDL but has no reliable effect on HDL.

High triglyceride levels are another known risk factor for heart disease, but garlic seems to have no significant effects on triglyceride levels.

- **Garlic Contains Antioxidants That May Help Prevent Alzheimer’s Disease and Dementia**

Oxidative damage from free radicals contributes to the aging process.

Garlic contains antioxidants that support the body’s protective mechanisms against oxidative damage.

The combined effects on reducing cholesterol and blood pressure, as well as the antioxidant properties, may reduce the risk of common brain diseases like Alzheimer’s disease and dementia.

- **Athletic Performance Might Be Improved with Garlic Supplements**

Garlic was one of the earliest “performance enhancing” substances.

It was traditionally used in ancient cultures to reduce fatigue and enhance the work capacity of laborers.

Most notably, it was given to Olympic athletes in ancient Greece.

People with heart disease who took garlic oil for 6 weeks had a 12% reduction in peak heart rate and better exercise capacity.

- **Eating Garlic May Help Detoxify Heavy Metals in the Body**

At high doses, the sulfur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity.

A four-week study in employees of a car battery plant (excessive exposure to lead) found that garlic reduced lead levels in the blood by 19%. It also reduced many clinical signs of toxicity, including headaches and blood pressure.



Three doses of garlic each day even outperformed the drug D-penicillamine in reducing symptoms.

- **Garlic May Improve Bone Health**

Animal studies have shown that it can minimize bone loss by increasing estrogen in females.

One study in menopausal women found that a daily dose of dry garlic extract (equal to 2 grams of raw garlic) significantly decreased a marker of estrogen deficiency.

This suggests that this supplement may have beneficial effects on bone health in women.

Foods like garlic and onions may also have beneficial effects on osteoarthritis.

- If you have a bleeding disorder or are taking blood-thinning medications, talk to your doctor before increasing your garlic intake.

4) Ginger

- Gingerol is the main bioactive compound in ginger. It's responsible for much of ginger's medicinal properties.
- Gingerol has powerful anti-inflammatory and antioxidant effects, according to research. For instance, it may help reduce oxidative stress, which is the result of having an excess amount of free radicals in the body.
- Ginger appears to be highly effective against nausea.
- It may help relieve nausea and vomiting for people undergoing certain types of surgery. Ginger may also help chemotherapy-related nausea. However, it may be the most effective when it comes to pregnancy-related nausea, such as morning sickness.
- Although ginger is considered safe, talk with your doctor before taking large amounts if you're pregnant.
- May help with weight loss

Ginger may play a role in weight loss, according to studies conducted in humans and animals.



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A 2019 literature review concluded that ginger supplementation significantly reduced body weight, the waist-hip ratio, and the hip ratio in people with overweight or obesity.

A 2016 study of 80 women with obesity found that ginger could also help reduce body mass index (BMI) and blood insulin levels. High blood insulin levels are associated with obesity.

A 2019 literature review of functional foods also concluded that ginger had a very positive effect on obesity and weight loss.

- Can help with osteoarthritis

One literature review found that people who used ginger to treat their OA saw significant reductions in pain and disability.

Another study from 2011 found that a combination of topical ginger, mastic, cinnamon, and sesame oil can help reduce pain and stiffness in people with OA of the knee.

- May drastically lower blood sugars and improve heart disease risk factors

This area of research is relatively new, but ginger may have powerful anti-diabetic properties.

In a 2015 study of 41 participants with type 2 diabetes, 2 grams of ginger powder per day lowered fasting blood sugar by 12%.

It also dramatically improved hemoglobin A1c (HbA1c), a marker for long-term blood sugar levels. HbA1c was reduced by 10% over a period of 12 weeks.

There was also a 28% reduction in the Apolipoprotein B/Apolipoprotein A-I ratio and a 23% reduction in malondialdehyde (MDA), which is a byproduct of oxidative stress. A high ApoB/ApoA-I ratio and high MDA levels are both major risk factors of heart disease.

- Can help treat chronic indigestion

Chronic indigestion is characterized by recurrent pain and discomfort in the upper part of the stomach.

It's believed that delayed emptying of the stomach is a major driver of indigestion. Interestingly, ginger has been shown to speed up emptying of the stomach.

- May significantly reduce menstrual pain

One of the traditional uses of ginger is for pain relief, including menstrual pain.



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Recent studies have also concluded that ginger is more effective than a placebo and equally as effective as drugs such as mefenamic acid and acetaminophen/caffeine/ibuprofen (Novafen).

- May help lower cholesterol levels

High levels of LDL (bad) cholesterol are linked to an increased risk of heart disease. The foods you eat can have a strong influence on LDL levels.

In a 2018 study of 60 people with hyperlipidemia, the 30 people who received 5 grams of ginger-pasted powder each day saw their LDL (bad) cholesterol levels drop by 17.4% over a 3-month period.

In an older study from 2008, people who received 3 grams of ginger powder (in capsule form) each day also saw significant reductions in most cholesterol markers. Their LDL (bad) cholesterol levels dropped by 10% over 45 days.

- Contains a substance that may help prevent cancer

Ginger has been studied as an alternative remedy for several forms of cancer.

The anti-cancer properties are attributed to gingerol, which is found in large amounts in raw ginger (FireWater contains potent amounts of raw ginger). A form known as [6]-gingerol is viewed as especially powerful.

In a 28-day study of individuals at normal risk for colorectal cancer, 2 grams of ginger extract per day significantly reduced pro-inflammatory signaling molecules in the colon.

There's some evidence, albeit limited, that ginger may be effective against other gastrointestinal cancers such as pancreatic cancer and liver cancer.

It may be effective against breast cancer and ovarian cancer as well.

- May improve brain function and protect against Alzheimer's disease

Oxidative stress and chronic inflammation can accelerate the aging process. They're believed to be among the key drivers of Alzheimer's disease and age-related cognitive decline. Some animal studies suggest that the antioxidants and bioactive compounds in ginger can inhibit inflammatory responses that occur in the brain.



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There's also some evidence that ginger can help enhance brain function directly. In a 2012 study of healthy middle-aged women, daily doses of ginger extract were shown to improve reaction time and working memory.

In addition, numerous studies in animals show that ginger can help protect against age-related decline in brain function.

- Can help fight infections

Gingerol can help lower the risk of infections.

In fact, ginger extract can inhibit the growth of many different types of bacteria.

According to a 2008 study, it's very effective against the oral bacteria linked to gingivitis and periodontitis. These are both inflammatory gum diseases.

Fresh ginger may also be effective against the respiratory syncytial virus (RSV), a common cause of respiratory infections.

5) Turmeric

Turmeric Contains Bioactive Compounds with Powerful Medicinal Properties

It has been used in India for thousands of years as a spice and medicinal herb.

These compounds are called curcuminoids, the most important of which is curcumin.

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant. It helps to consume black pepper (or Tasmanian Native Pepperberries) with it, which contains piperine, a natural substance that enhances the absorption of curcumin by 2,000%.

- Curcumin Is a Natural Anti-Inflammatory Compound

Although acute, short-term inflammation is beneficial, it can become a major problem when it becomes chronic and inappropriately attacks your body's own tissues.

Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's, and various degenerative conditions. Therefore, anything that can help fight



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chronic inflammation is of potential importance in preventing and even treating these diseases.

Curcumin is strongly anti-inflammatory. In fact, it's so powerful that it matches the effectiveness of some anti-inflammatory drugs, without the side effects.

Without getting into the details (inflammation is extremely complicated), the key takeaway is that curcumin is a bioactive substance that fights inflammation at the molecular level.

- **Turmeric Dramatically Increases the Antioxidant Capacity of the Body**

Oxidative damage is believed to be one of the mechanisms behind aging and many diseases. It involves free radicals, highly reactive molecules with unpaired electrons. Free radicals tend to react with important organic substances, such as fatty acids, proteins, or DNA.

The main reason antioxidants are so beneficial is that they protect your body from free radicals.

Curcumin is a potent antioxidant that can neutralize free radicals due to its chemical structure.

- **Curcumin Boosts Brain-Derived Neurotrophic Factor, Linked to Improved Brain Function and a Lower Risk of Brain Diseases**

It was once believed that neurons weren't able to divide and multiply after early childhood. However, it's now known that this does happen. Neurons are capable of forming new connections, but in certain areas of the brain they can also multiply and increase in number. One of the main drivers of this process is brain-derived neurotrophic factor (BDNF), which is a type of growth hormone that functions in your brain.

Many common brain disorders have been linked to decreased levels of this hormone, including depression and Alzheimer's disease. Interestingly, curcumin can increase brain levels of BDNF. By doing this, it may be effective in delaying or even reversing many brain diseases and age-related decreases in brain function.

- **Curcumin Should Lower Your Risk of Heart Disease**

Heart disease is the number 1 cause of death in the world. Researchers have studied it for many decades and learned a lot about why it happens. Unsurprisingly, heart disease is incredibly complicated and various things contribute to it.



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Curcumin may help reverse many steps in the heart disease process. Perhaps the main benefit of curcumin when it comes to heart disease is improving the function of the endothelium, which is the lining of your blood vessels. It's well known that endothelial dysfunction is a major driver of heart disease and involves an inability of your endothelium to regulate blood pressure, blood clotting and various other factors.

Several studies suggest that curcumin leads to improvements in endothelial function. One study found that it's as effective as exercise while another shows that it works as well as the drug Atorvastatin. In addition, curcumin reduces inflammation and oxidation (as discussed above), which play a role in heart disease as well.

One study randomly assigned 121 people, who were undergoing coronary artery bypass surgery, either a placebo or 4 grams of curcumin per day, a few days before and after the surgery. The curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital.

- **Turmeric Can Help Prevent (And Perhaps Even Treat) Cancer**

There are many different forms of cancer, which still have several things in common. Some of them appear to be affected by curcumin supplements.

Curcumin has been studied as a beneficial herb in cancer treatment and been found to affect cancer growth, development and spread at the molecular level.

Studies have shown that it can contribute to the death of cancerous cells and reduce angiogenesis (growth of new blood vessels in tumors) and metastasis (spread of cancer).

Multiple studies indicate that curcumin can reduce the growth of cancerous cells in the laboratory and inhibit the growth of tumors in test animals.

In a 30-day study in 44 men with lesions in the colon that sometimes turn cancerous, 4 grams of curcumin per day reduced the number of lesions by 40%.

Maybe curcumin will be used along with conventional cancer treatment one day. It's too early to say for sure, but it looks promising and is being intensively studied.

- **Arthritis Patients Respond Very Well to Curcumin Supplements**

There are several different types, most of which involve inflammation in the joints. Given that curcumin is a potent anti-inflammatory compound, it makes sense that it may help with arthritis. Several studies show this to be true.



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In a study in people with rheumatoid arthritis, curcumin was even more effective than an anti-inflammatory drug. Many other studies have looked at the effects of curcumin on arthritis and noted improvements in various symptoms.

- **Studies Show That Curcumin Has Incredible Benefits Against Depression**

Curcumin has shown some promise in treating depression. In a controlled trial, 60 people with depression were randomized into three groups. One group took Prozac, another group one gram of curcumin and the third group both Prozac and curcumin. After 6 weeks, curcumin had led to improvements that were similar to Prozac. The group that took both Prozac and curcumin fared best. According to this small study, curcumin is as effective as an antidepressant.

Depression is also linked to reduced levels of brain-derived neurotrophic factor (BDNF) and a shrinking hippocampus, a brain area with a role in learning and memory. Curcumin boosts BDNF levels, potentially reversing some of these changes. There is also some evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine.

- **Curcumin May Help Delay Aging and Fight Age-Related Chronic Diseases**

If curcumin can really help prevent heart disease, cancer and Alzheimer's, it would have obvious benefits for longevity. For this reason, curcumin has become very popular as an anti-aging supplement. Given that oxidation and inflammation are believed to play a role in aging, curcumin may have effects that go way beyond just preventing disease.

- Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

6) Onion

- **Packed with Nutrients**

Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. One medium onion has just 44 calories but delivers a considerable dose of vitamins, minerals and fiber.



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Onions are particularly high in vitamin C, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption. Vitamin C also acts as a powerful antioxidant in your body, protecting your cells against damage caused by unstable molecules called free radicals.

Onions are also rich in B vitamins, including folate (B9) and pyridoxine (B6) — which play key roles in metabolism, red blood cell production and nerve function.

- **May Benefit Heart Health**

Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots.

Quercetin is a flavonoid antioxidant that's highly concentrated in onions. Since it's a potent anti-inflammatory, it may help decrease heart disease risk factors, such as high blood pressure.

A study in 70 overweight people with high blood pressure found that a dose of 162 mg per day of quercetin-rich onion extract significantly reduced systolic blood pressure by 3–6 mmHg compared to a placebo.

Onions have also been shown to decrease cholesterol levels.

A study in 54 women with polycystic ovarian syndrome (PCOS) found that consuming large amounts of raw red onions (40–50 grams/day if overweight and 50–60 grams/day if obese) for eight weeks reduced total and “bad” LDL cholesterol compared to a control group.

Additionally, evidence from animal studies supports that onion consumption may reduce risk factors for heart disease, including inflammation, high triglyceride levels and blood clot formation.

- **Loaded with Antioxidants**

Antioxidants are compounds that inhibit oxidation, a process that leads to cellular damage and contributes to diseases like cancer, diabetes and heart disease.

Onions are an excellent source of antioxidants. In fact, they contain over 25 different varieties of flavonoid antioxidants.

Red onions contain anthocyanins — special plant pigments in the flavonoid family that give red onions their deep color.



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Multiple population studies have found that people who consume more foods rich in anthocyanins have a reduced risk of heart disease.

For example, a study in 43,880 men showed that habitual intakes as high as 613 mg per day of anthocyanins were correlated to a 14% lower risk of nonfatal heart attacks.

Similarly, a study in 93,600 women observed that those with the highest intake of anthocyanin-rich foods were 32% less likely to experience a heart attack than women with the lowest intake.

Additionally, anthocyanins have been found to protect against certain types of cancer and diabetes.

- **Contain Cancer-Fighting Compounds**

Eating vegetables of the *Allium* genus like garlic and onions has been linked to a lower risk of certain cancers, including stomach and colorectal.

A review of 26 studies showed that people who consumed the highest amount of allium vegetables were 22% less likely to be diagnosed with stomach cancer than those who consumed the least amount.

Moreover, a review of 16 studies in 13,333 people demonstrated that participants with the highest onion intake had a 15% reduced risk of colorectal cancer compared to those with the lowest intake.

These cancer-fighting properties have been linked to the sulfur compounds and flavonoid antioxidants found in allium vegetables. For example, onions provide onionin A, a sulfur-containing compound that has been shown to decrease tumor development and slow the spread of ovarian and lung cancer in test-tube studies.

Onions also contain fisetin and quercetin, flavonoid antioxidants that may inhibit tumor growth.

- **Help Control Blood Sugar**

Eating onions may help control blood sugar, which is especially significant for people with diabetes or prediabetes.

A study in 42 people with type 2 diabetes demonstrated that eating 3.5 ounces (100 grams) of fresh red onion reduced fasting blood sugar levels by about 40 mg/dl after four hours.



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Additionally, multiple animal studies have shown that onion consumption may benefit blood sugar control.

Specific compounds found in onions, such as quercetin and sulfur compounds, possess antidiabetic effects.

For example, quercetin has been shown to interact with cells in the small intestine, pancreas, skeletal muscle, fat tissue and liver to control whole-body blood sugar regulation

- **May Boost Bone Density**

Though dairy gets much of the credit for boosting bone health, many other foods, including onions, may help support strong bones.

A study in 24 middle-aged and postmenopausal women showed that those who consumed 3.4 ounces (100 ml) of onion juice daily for eight weeks had improved bone mineral density and antioxidant activity compared to a control group.

Another study in 507 perimenopausal and postmenopausal women found that those who ate onions at least once a day had a 5% greater overall bone density than individuals who ate them once a month or less. Plus, the study demonstrated that older women who most frequently ate onions decreased their risk of hip fracture by more than 20% compared to those who never ate them.

It's believed that onions help reduce oxidative stress, boost antioxidant levels and decrease bone loss, which may prevent osteoporosis and boost bone density (28Trusted Source).

- **Have Antibacterial Properties**

Onions can fight potentially dangerous bacteria, such as *Escherichia coli* (E. coli), *Pseudomonas aeruginosa*, *Staphylococcus aureus* (S. aureus) and *Bacillus cereus*.

Furthermore, onion extract has been shown to inhibit the growth of *Vibrio cholerae*, a bacteria that is a major public health concern in the developing world.

Quercetin extracted from onions seems to be a particularly powerful way to fight bacteria. A test-tube study demonstrated that quercetin extracted from yellow onion skin successfully inhibited the growth of *Helicobacter pylori* (H. pylori) and Methicillin-resistant *Staphylococcus aureus* (MRSA).

H. pylori is a bacteria associated with stomach ulcers and certain digestive cancers, while MRSA is an antibiotic-resistant bacteria that causes infections in different parts of the body.



Another test-tube study found that quercetin damaged the cell walls and membranes of E. coli and S. aureus.

- May Boost Digestive Health

Onions are a rich source of fiber and prebiotics, which are necessary for optimal gut health.

Prebiotics are nondigestible types of fiber that are broken down by beneficial gut bacteria.

Consuming foods rich in prebiotics helps increase probiotics, such as Lactobacillus and bifidobacteria strains, which benefit digestive health (37Trusted Source).

A diet rich in prebiotics may help improve the absorption of important minerals like calcium, which may improve bone health.

Onions are particularly rich in the prebiotics inulin and fructooligosaccharides. These help increase the number of friendly bacteria in your gut and improve immune function.

7) Jalapenos

- Jalapeños may help you lose weight by boosting your metabolism, increasing fat burn and reducing your appetite.
- Several studies have found that capsaicin and other similar compounds called capsaicinoids can boost metabolism by 4–5% per day, potentially making it easier to lose weight.
- In addition to boosting metabolism, capsaicinoid supplements have been shown to reduce abdominal fat and appetite so that people eat 50–75 fewer calories per day.
- All of these factors help explain why regularly consuming chili peppers is associated with a significantly reduced risk of becoming overweight or obese over time.
- May Fight Cancer

Lab studies have shown that capsaicin has strong anti-cancer properties and is capable of killing over 40 types of cancer cells without harming normal cells

Capsaicin fights cancer by:

-Stopping the growth and division of cancer cells



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- Slowing the formation of new blood vessels around cancer tumors
- Preventing cancer from spreading to other areas of the body

- Can Help Prevent Stomach Ulcers

Stomach ulcers can be caused by a number of factors, including:

- Growth of *H. pylori* bacteria within the stomach
- High levels of stomach acid
- Low blood flow to the stomach
- Taking too many NSAID pain relievers
- Drinking alcohol
- Smoking
- Stress

- While it is commonly believed that spicy foods like jalapeños can cause or aggravate stomach ulcers, research has shown this to be false. In fact, the capsaicin in chili peppers may protect the stomach from developing ulcers in the first place.

It may have this effect by reducing stomach inflammation in people with *H. pylori* and even helping kill off the infection. However, it is not clear whether the amount of capsaicin in jalapeños is large enough to have this effect.

Chili peppers can also help reduce the stomach damage caused by the overuse of NSAID pain relievers and alcohol, potentially preventing the formation of ulcers from the start.

- Help Fight Infections

Spices and herbs have long been used in cooking to help prevent spoilage and food poisoning.

Compounds found in spicy chili peppers are especially powerful at slowing the growth of common foodborne bacteria and yeasts.

Chili extracts can even stop cholera bacteria from producing toxins, potentially reducing the impact of this deadly foodborne disease.

New research suggests that capsaicin can help prevent other types of infections, such as strep throat, bacterial tooth decay and chlamydia. However, it is important to note that all of these studies used chili extracts, not whole chilis, and were conducted in test tubes, not humans. These early studies suggest that chili peppers may have strong antimicrobial properties, and future research is underway to determine if they may be used as natural preservatives or medicines.



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- May Keep Your Heart Healthy

Some of the biggest risk factors for heart disease include diabetes, high cholesterol and high blood pressure.

Capsaicin can help reduce the impact of these factors and may help keep your heart healthy.

Capsaicin has also been shown to lower cholesterol and lipid levels in animals, but no studies have been conducted in humans.

Animal studies also suggest that capsaicin can help lower blood pressure by relaxing blood vessels.

Overall, preliminary research suggests that capsaicin and chili peppers may be beneficial for heart health, but more human studies are needed.

8) Birds Eye Chili

- Bird's Eye Chilies are one of the hottest and thus contain some of the highest amounts of capsaicin. Capsaicin is considered highly anti-inflammatory and may benefit those suffering from inflammatory disorders, such as arthritis osteoarthritis, psoriasis, shingles and diabetic neuropathy. Capsaicin is also commonly considered a beneficial adjunct to a healthy lifestyle in cardiovascular function, increasing circulation, as well as an appetite suppressant and metabolism booster. Peppers also contain free-radical fighting properties, which may help to maintain a youthful complexion, and prevent cellular damage that can lead to disease. Chilies are also an excellent source of antioxidants Vitamins: A and C, as well as Vitamin K.

- Pain relief

Capsaicin, the main bioactive plant compound in chili peppers, has some unique properties.

It binds with pain receptors, which are nerve endings that sense pain. This induces a burning sensation but does not cause any real burning injuries. Even so, high consumption of chili peppers (or capsaicin) may desensitize your pain receptors over time, reducing your ability to sense the burning flavor of chili.

It also makes these pain receptors insensitive to other forms of pain, such as heartburn caused by acid reflux.



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One study found that when 2.5 grams of red chili peppers were given daily to people with heartburn, the pain worsened at the beginning of the 5-week treatment but improved over time.

This is supported by another small, 6-week study showing that 3 grams of chili each day improved heartburn in people with acid reflux.

The desensitization effect does not seem to be permanent, and one study noted that it was reversed 1–3 days after capsaicin consumption stopped.

- Weight loss

Obesity is a serious health condition that increases your risk of many chronic illnesses, such as heart disease and diabetes.

Some evidence suggests that capsaicin can promote weight loss by reducing appetite and increasing fat burning.

Capsaicin may also reduce calorie intake. A study in 24 people who consume chili regularly discovered that taking capsaicin before a meal led to reduced calorie intake.

9) Galangal

- Galangal root is a spice native to Southern Asia. It's closely related to ginger and turmeric and has been used in Ayurvedic and traditional Chinese medicine for centuries.
- Similarly, to ginger and turmeric, galangal can be eaten fresh or cooked and is a popular addition to many Chinese, Indonesian, Malaysian, and Thai dishes.
- This spice is also used to improve certain ailments, as it's believed to help treat infections, reduce inflammation, boost male fertility, and even fight different types of cancer.
- Rich in antioxidants

Galangal root is a rich source of antioxidants, which are beneficial plant compounds that help fight disease and protect your cells from damaging free radicals.



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It's especially rich in polyphenols, a group of antioxidants linked to health benefits, such as improved memory and lower blood sugar and LDL (bad) cholesterol levels.

Polyphenols are also thought to protect against mental decline, type 2 diabetes, and heart disease. Both ginger and turmeric — two close relatives of galangal root — are also rich in polyphenols and have been linked to these benefits.

- May protect against certain cancers

Galangal root may help protect your body against certain types of cancer.

Test-tube studies suggest that the active compound in galangal root, known as galangin, may kill cancer cells or prevent them from spreading.

More specifically, one study highlighted the spice's ability to kill two strains of human colon cancer cells. Other studies suggest it may fight breast, bile duct, skin, and liver cancer cells.

- May boost male fertility

Emerging evidence suggests that galangal root may boost male fertility.

In one animal study, sperm count, and motility increased in rats given galangal root extract.

Additionally, in a 3-month study in 66 men with low sperm quality, taking a daily supplement containing galangal root and pomegranate fruit extract experienced a 62% increase in sperm motility, compared with a 20% increase in those in the placebo group.

More human research is needed to determine galangal root's effects on male fertility.

- May fight inflammation and pain

Galangal root may reduce disease-causing inflammation, as it contains HMP, a naturally occurring phytochemical that test-tube and animal studies have suggested boasts potent anti-inflammatory properties.

In fact, plants of the Zingiberaceae family, including galangal, appear to mildly reduce pain, a common symptom of inflammation.

In one 6-week study in 261 people with osteoarthritis of the knee, 63% of those who took a ginger and galangal extract daily reported a reduction in knee pain when standing, compared with 50% of those taking a placebo.



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However, more studies on the pain-reducing effects of galangal root specifically are needed before strong conclusions can be made.

- May protect against infections

Essential oils extracted from galangal root may fight a range of microorganisms.

As such, galangal root may prolong the shelf life of certain foods.

Furthermore, test-tube studies suggest that galangal root may kill harmful bacteria, including *E. coli*, *Staphylococcus aureus*, and *Salmonella Typhi*.

Finally, some research suggests that galangal root may protect against fungi, yeasts, and parasites. However, not all studies agree.

10) Horseradish

- Horseradish has been used worldwide for thousands of years, typically as a condiment but also for medicinal purposes.
- This root contains multiple compounds that may provide health benefits, including antibacterial and anticancer effects.
- May have anticancer effects

Glucosinolates and isothiocyanates in this root vegetable may protect against cancer by inhibiting the growth of cancer cells, as well as promoting their death.

Some horseradish compounds, such as sinigrin, may also act as antioxidants and fight cell damage caused by free radicals. These reactive molecules may increase your risk of diseases, including cancer, when levels become too high in your body.

Test-tube studies suggest that horseradish compounds may prevent the growth of colon, lung, and stomach cancer cells.

Peroxidase, an enzyme found in this root, helps activate and boost a powerful anticancer compound that targets human pancreatic cancer cells.

While these results sound promising, more research is needed.



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- Has antibacterial properties

Allyl isothiocyanate, the oil released when horseradish root is cut, may have powerful antibacterial properties.

Studies suggest that it may fight a range of dangerous bacteria, including E. coli, H. pylori, and Salmonella.

One test-tube study noted that isothiocyanates extracted from horseradish root killed six types of oral bacteria.

Another test-tube study found that these isothiocyanates prevented the growth of four types of fungi that may lead to chronic nail infections.

Isothiocyanates may bind to certain enzymes to prevent bacterial cell growth, though the exact mechanism is not well understood.

- May improve respiratory health

Consuming horseradish is known to cause a burning sensation in your sinuses, nose, and throat. For that reason, it's often used to relieve colds and breathing issues.

One study in over 1,500 people found that a supplement containing 80 mg of dried horseradish root and 200 mg of nasturtium was as effective as a traditional antibiotic at treating acute sinus infections and bronchitis.

These results suggest that horseradish may improve respiratory health, but more research is needed.

11) Szechuan Pepper

- Szechuan pepper is not only tasty but is also reported to have a number of health benefits and is sometimes used as a blood purifier and digestive aid.
- Other medicinal properties attributed to Szechuan pepper include pain relief (due to its numbing qualities), immune support, and weight loss.



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12) Juniper Berries

- The juniper tree, *Juniperus communis*, is an evergreen shrub that grows in many parts of the world, including North America, Europe, and Asia.
- It produces seed cones that are commonly known as juniper berries. Though the berries' coloring varies, most are deep blue. Their aroma is often described as woody or spicy.
- They have a tart, pine-like flavor and are commonly used in small amounts as a spice or flavoring agent.
- These small berries have been used for culinary and medicinal purposes since ancient times, and current research suggests that they may offer various health benefits.
- High in nutrients and powerful plant compounds

Though nutrition information on juniper berries is limited, they're known to provide certain vitamins and an array of plant compounds.

Like most other berries, they're a good source of vitamin C, delivering 10% of the Daily Value (DV) of this water-soluble nutrient in a 1-ounce (28-gram) serving.

Vitamin C is essential for immune health, collagen synthesis, and blood vessel function. It also acts as a strong antioxidant, protecting your cells from damage caused by unstable molecules called free radicals.

The berries also pack many plant compounds, including flavonoid antioxidants, volatile oils, and coumarins, which are chemical compounds with various protective properties.

The volatile oils in juniper berries contain substances known as monoterpenes, including limonene, camphor, and beta-pinene. Monoterpenes have been shown to provide anti-inflammatory, anticancer, antioxidant, and antibacterial properties.

Coumarins and flavonoid antioxidants also offer an array of health-promoting effects. Consuming a diet rich in these compounds can promote health and may protect against chronic conditions, including heart and neurodegenerative diseases.

- Provide anti-inflammatory and antioxidant effects

Antioxidant-rich foods are important for health, as they help protect your cells against damage that may otherwise lead to illness.



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Juniper berries are rich in essential oils and flavonoids that function as potent antioxidants and may help reduce inflammation.

One test-tube study detected over 70 compounds in juniper berry essential oil, with the monoterpenes alpha-pinene, beta-pinene, myrcene, limonene, and sabinene making up the majority. All of them add to the oil's strong antioxidant effects.

The study found that the oil reduced cellular damage in yeast cells by increasing the activity of the enzymes catalase, glutathione peroxidase, and superoxide dismutase. The main role of these enzymes is to protect cells from free radical damage.

Another test-tube study showed that juniper berry essential oil significantly reduced inflammation in human skin cells, an effect that researchers attributed to the oil's high concentration of monoterpenes.

Juniper berries are also rich in the flavonoids rutin, luteolin, and apigenin, which test-tube, animal, and human studies have shown can act as powerful antioxidant and anti-inflammatory agents.

- May have antidiabetic properties

Juniper berries were used in traditional medicine practices to treat diabetes, and recent studies confirm that they may have antidiabetic properties.

A study in rats with diabetes observed that supplementing with juniper berry extract significantly reduced blood sugar and increased heart-protective HDL (good) cholesterol.

Similarly, another study on the antidiabetic effects of Chinese juniper berry extract found that it significantly reduced blood sugar, cholesterol, and triglyceride levels in rats with diabetes.

Researchers believe that these antidiabetic effects are due to the berries' high concentration of antioxidants.

Though these findings are promising, research in humans is needed to confirm this potential health benefit.

- Could promote heart health

Juniper berries may promote heart health by improving HDL (good) cholesterol levels and reducing high triglyceride levels, as well as LDL (bad) and total cholesterol.



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A study in rats with diabetes demonstrated that treatment with juniper berry extract reduced total cholesterol and triglyceride levels by 57% and 37%, respectively, compared with a control group.

Another rat study found that juniper berry extract increased HDL (good) cholesterol levels as well.

Though human studies are lacking, research shows that eating berries is an excellent way to reduce heart disease risk factors.

- **Antibacterial and antifungal activity**

Test-tube and animal studies show that juniper berries have powerful antibacterial and antifungal properties. These are attributed to potent compounds in their oil, including sabinene, limonene, myrcene, and alpha- and beta-pinene.

In one test-tube study, juniper berry essential oil demonstrated antibacterial and antifungal effects against 16 species of bacteria, yeasts, yeast-like fungi, and dermatophytes, a type of fungus that grows on your skin, causing diseases like ringworm.

The strongest fungus-killing activities occurred against dermatophytes, as well as *Candida* species, which cause fungal infections like mouth and yeast infections.

Another test-tube study found that juniper berry essential oil significantly inhibited the activity of three bacteria that can cause serious infections in humans — *M. gordonae*, *M. avium*, and *M. intracellulare*.

Extract from the berries also may have antibacterial effects against many bacteria, including *Campylobacter jejuni*, which commonly cause food poisoning, and *Staphylococcus aureus*, a bacteria that may cause skin, lung, and bone infections.

While it's clear that juniper berries have antibacterial and antifungal properties, human studies are needed to examine whether their extract can be used to treat fungal or bacterial infections in people.

13) Tasmanian Pepperberries

- Native to the woodlands and cool temperate rainforests of Australia's south-eastern region, The Tasmanian pepperberry plant or *Tasmania lanceolata* produces small, round, purple-black berries that, when dried, resemble black pepper grains in both size and colour. It is an



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evergreen shrub that is often used as a culinary spice, found in Aboriginal cuisine, as well as in traditional medicine, where it is used to treat skin disorders, colic, venereal diseases and stomachache.

- The pepperberries and their leaves have been used for thousands of years by Aboriginal people to calm skin discomfort, thanks to their powerful anti-inflammatory agents.
- The Tasmanian Pepperberry contains a powerful active ingredient called polygodial. It is an anti-inflammatory agent effective to reduce vasodilatation and oedema. Studies have demonstrated that polygodial calms skin discomforts it is found to be one of the most instant soothing natural ingredients to calm and protect sensitive skin.
- With potent antioxidants, four times more powerful than the beloved blueberry, mountain pepper's health benefits are just as useful today as they have been over centuries. Antioxidants are linked to helping with diabetes and Alzheimer's disease, autoimmune and cardiovascular diseases, but more recent research highlights mountain pepper's unique antiviral properties.
- Dr Ian Cock, senior lecturer in Bimolecular and Physical Sciences at Griffith University; "The berry inhibits the growth of many pathogenic bacteria, protozoa and also has some limited antiviral activity. It also has good anti-cancer activity against multiple cancer cell lines."
- Also striking is the plant's antibacterial properties. With antimicrobial components, mountain pepper has been found to inhibit the growth of food poisoning bacteria and prevent food spoilage, which Dr Cock's research demonstrates.

14) Lemon (and Lime)

- Lemons are high in vitamin C, fiber, and various beneficial plant compounds.
- Support Heart Health

Lemons are a good source of vitamin C.

One lemon provides about 31 mg of vitamin C, which is 51% of the reference daily intake (RDI).

Research shows that eating fruits and vegetables rich in vitamin C reduces your risk of heart disease and stroke.



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However, it's not only the vitamin C that is thought to be good for your heart. The fiber and plant compounds in lemons could also significantly lower some risk factors for heart disease.

Plant compounds found in lemons — namely hesperidin and diosmin — have also been found to lower cholesterol.

- **Help Control Weight**

Research shows that plant compounds in lemon extracts may help prevent or reduce weight gain in a number of ways.

In one study, mice on a fattening diet were given lemon polyphenols extracted from the peel. They gained less weight and body fat than other mice.

- **Prevent Kidney Stones**

Kidney stones are small lumps that form when waste products crystallize and build up in your kidneys.

They are quite common, and people who get them often get them repeatedly.

Citric acid may help prevent kidney stones by increasing urine volume and increasing urine pH, creating a less favorable environment for kidney stone formation.

Just a 1/2-cup (4 ounces or 125 ml) of lemon juice per day may provide enough citric acid to help prevent stone formation in people who have already had them.

Some studies also found that lemonade effectively prevented kidney stones, but the results have been mixed. Other studies have shown no effect.

- **Protect against Anaemia**

Iron deficiency anemia is quite common. It occurs when you don't get enough iron from the foods you eat. Lemons contain some iron, but they primarily prevent anemia by improving your absorption of iron from plant foods.

Your gut absorbs iron from meat, chicken, and fish (known as heme iron) very easily, while iron from plant sources (non-heme iron) not as easily. However, this absorption can be improved by consuming vitamin C and citric acid.

Because lemons contain both vitamin C and citric acid, they may protect against anemia by ensuring that you absorb as much iron as possible from your diet.

- **Reduce Cancer Risk**



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A healthy diet rich in fruits and vegetables may help prevent some cancers.

Some observational studies have found that people who eat the most citrus fruit have a lower risk of cancer.

In test-tube studies, many compounds from lemons have killed cancer cells. However, they may not have the same effect on the human body.

Some researchers think that plant compounds found in lemons — such as limonene and naringenin — could have anticancer effects, but this hypothesis needs further investigation.

Animal studies indicate that D-limonene, a compound found in lemon oil, does have anticancer properties.

Another study used pulp from mandarins that contained the plant compounds beta-cryptoxanthin and hesperidin, which are also found in lemons.

The study discovered that these compounds prevented malignant tumors from developing in the tongues, lungs, and colons of rodents.

- **Improve Digestive Health**

Lemons are made up of about 10% carbs, mostly in the form of soluble fiber and simple sugars.

The main fiber in lemons is pectin, a form of soluble fiber linked to multiple health benefits.

Soluble fiber can improve gut health and slow the digestion of sugars and starches. These effects may result in reduced blood sugar levels.

15) Oranges

- Oranges are rich in various bioactive plant compounds, which are believed to be responsible for many beneficial health effects.
- The two main classes of antioxidant plant compounds in oranges are carotenoids and phenolics (phenolic compounds).



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- Phenolics

Oranges are an excellent source of phenolic compounds — especially flavonoids, which contribute to most of their antioxidant properties.

-Hesperidin. A citrus flavonoid that is one of the main antioxidants in oranges, hesperidin is associated with several health benefits (10, 11Trusted Source, 12).

-Anthocyanins. A class of antioxidant flavonoids, anthocyanins are responsible for the red flesh of blood oranges.

- Carotenoids

All citrus fruits are high in carotenoids antioxidants, which are responsible for their rich color.

-Beta-cryptoxanthin. This is one of the most abundant carotenoid antioxidants in oranges. Your body converts it into vitamin A.

-Lycopene. An antioxidant found in high amounts in red-fleshed navel oranges (Cara cara oranges), lycopene is also found in tomatoes and grapefruit. It has various health benefits.

- Citric acid

Oranges and other citrus fruits are high in citric acid and citrates, which contribute to their sour taste. Research indicates that citric acid and citrates from oranges may help prevent kidney stone formation.

- Heart health

Heart disease is currently the world's most common cause of premature death.

Flavonoids — especially hesperidin — in oranges may have protective effects against heart disease.

Clinical studies in humans note that daily intake of orange juice for four weeks has a blood-thinning effect and may reduce blood pressure significantly.

- Kidney stone prevention



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Oranges are a good source of citric acid and citrates, which are believed to help prevent kidney stone formation. Potassium citrate is often prescribed to patients with kidney stones. Citrates in oranges seem to have similar effects.

- Anemia prevention

Anemia is a condition characterized by low levels of red blood cells or hemoglobin, decreasing its ability to carry oxygen. It is often caused by iron deficiency.

Although oranges are not a good source of iron, they are an excellent source of organic acids, such as vitamin C. Both vitamin C and citric acid can increase your body's absorption of iron from the digestive tract. When eaten with iron-rich food, oranges may help prevent anemia.

16) Sage

- Loaded With Antioxidants

Antioxidants are molecules that help fortify your body's defenses, neutralizing potentially harmful free radicals that are linked to chronic diseases. Sage contains over 160 distinct polyphenols, which are plant-based chemical compounds that act as antioxidants in your body. Chlorogenic acid, caffeic acid, rosmarinic acid, ellagic acid and rutin — all found in sage — are linked to impressive health benefits, such as a lower risk of cancer and improved brain function and memory.

One study found that drinking 1 cup (240 ml) of sage tea twice daily significantly increased antioxidant defenses. It also lowered both total cholesterol and "bad" LDL cholesterol, as well as raised "good" HDL cholesterol.

- May Support Oral Health

Sage has antimicrobial effects, which can neutralize microbes that promote dental plaque. In one study, a sage-based mouthwash was shown to effectively kill the *Streptococcus mutans* bacteria, which is notorious for causing dental cavities.

In a test-tube study, a sage-based essential oil was shown to kill and halt the spread of *Candida albicans*, a fungus that may also cause dental issues.

One review noted that sage may treat throat infections, dental abscesses, infected gums and mouth ulcers.



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- **May Ease Menopause Symptoms**

During menopause, your body experiences a natural decline in the hormone estrogen. This can cause a wide range of unpleasant symptoms. Symptoms include hot flashes, excessive sweating, vaginal dryness and irritability. Common sage was traditionally used to reduce menopause symptoms. It's believed that compounds in sage have estrogen-like properties, allowing them to bind to certain receptors in your brain to help improve memory and treat hot flashes and excessive sweating.

In one study, daily use of a sage supplement significantly reduced the number and intensity of hot flashes over eight weeks.

- **May Reduce Blood Sugar Levels**

The leaves of common sage have been used traditionally as a remedy against diabetes. Human and animal research indicates that it may help lower blood sugar levels. In one study, sage extract reduced blood glucose levels in rats with type 1 diabetes by activating a specific receptor. When this receptor is activated, it can help clear excess free fatty acids in the blood, which in turn improves insulin sensitivity.

Another study in mice with type 2 diabetes found that sage tea acts like metformin — a drug prescribed to manage blood sugar in people with the same disease.

In humans, sage leaf extract has been shown to lower blood sugar and improve insulin sensitivity with a similar effect as rosiglitazone, another anti-diabetes drug.

- **May Support Memory and Brain Health**

Sage can help support your brain and memory in several ways. For one, it's loaded with compounds that can act as antioxidants, which have been shown to buffer your brain's defense system.

It also appears to halt the breakdown of the chemical messenger acetylcholine (ACH), which has a role in memory. ACH levels appear to fall in Alzheimer's disease.

In one study, 39 participants with mild to moderate Alzheimer's disease consumed either 60 drops (2 ml) of a sage extract supplement or a placebo daily for four months. Those taking the sage extract performed better on tests that measured memory, problem-solving, reasoning and other cognitive abilities.

In healthy adults, sage was shown to improve memory in low doses. Higher doses also elevated mood and increased alertness, calmness and contentedness.



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In both younger and older adults, sage appears to improve memory and brain function.

- May Lower 'Bad' LDL Cholesterol

Sage may help lower "bad" LDL cholesterol, which can build up in your arteries and potentially cause damage.

In one study, consuming sage tea twice daily lowered "bad" LDL cholesterol and total blood cholesterol while raising "good" HDL cholesterol after just two weeks.

Several other human studies illustrate a similar effect with sage extract.

- May Protect Against Certain Cancers

Interestingly, animal and test-tube studies demonstrate that sage may fight certain types of cancer, including those of the mouth, colon, liver, cervix, breast, skin and kidney.

In these studies, sage extracts not only suppress the growth of cancer cells but also stimulate cell death.

17) Hyssop

- Hyssop (*Hyssopus officinalis*) is a plant that's been used medicinally for centuries, possibly even as far back as Biblical times (it's mentioned in the Old Testament). The above-ground parts of the plant are what are used for medicine, not the roots.
- A 2014 review by researchers Zielinska and Matkowski found evidence that herbs in the Lamiaceae family, which includes hyssop, may be able to destroy cancer cells.
- A 2017 study out of India suggests that hyssop may be one of the more potent anti-cancer herbs in this family, killing 82 percent of breast cancer cells in laboratory studies. While this is extremely promising, it must be replicated in human studies before we'll know whether it's an effective human cancer treatment.
- Ulcer Treatment



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Many of the traditional uses of hyssop involve indigestion, and a 2014 study uncovers a possible reason for that. Researchers found that it acts against two chemicals in the body that are implicated in ulcers: urease and a-chymotrypsin. Because of this, they concluded that hyssop may be an effective ulcer treatment.

- Asthma

Another traditional use—asthma—may be supported by medical science. A 2017 analysis of numerous Persian medicinal plants showed that hyssop and several other plants were able to improve inflammation, oxidative stress, allergic response, tracheal smooth muscle constriction, and airway remodeling in asthma.

- Antimicrobial and Antioxidant Activity

A team of researchers in Romania published an article in a 2014 edition of the journal *Molecules* that explored the antioxidant and antimicrobial activity of hyssop. Their work revealed high levels of polyphenols (a type of antioxidant) and good antioxidant activity. On top of that, extracts and oils from the plant showed moderate antimicrobial, antifungal, and antiviral properties.

A paper from the same journal in 2009 had similar results, showing that hyssop essential oil had some antibacterial and antifungal properties. Later work has supported the theory.

A 2012 study published in the journal *Acta Poloniae Pharmaceutica* also found nitric oxide scavenging activity, which supports the theory that hyssop is an antioxidant. A growing body of literature supports this contention.

- Antiviral Properties

Few viruses are as well-known to the general public, or as common, as herpes simplex 1 and 2. Hyssop may have some use in preventing the spread of these viruses.

- A 2016 review of studies on Iranian herbal medicines for herpes simplex viruses (HSVs) lists several studies showing that, in mice, an extract of hyssop was able to slow the onset of infection by HSV-1 by more than 50%.

Because of how common herpes infections are, and because the virus stays in your system permanently, it's likely that we'll see more research in this area.

A 2018 review of the literature on Lamiaceae plants against the retrovirus HIV showed promising preliminary results. Researchers said the plants appear to target structures that



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allow the virus to attach to—and therefore infect—cells. They may also destroy key enzymes that HIV relies on for its life cycle.

Researchers concluded that these plants may help prevent and treat some viral diseases and mention several aspects that are worthy of further investigation.

18) Rosemary

- Rosemary is a member of the mint family Lamiaceae, along with many other herbs, such as oregano, thyme, basil, and lavender.
- Rosemary has a range of possible health benefits.
- Antioxidants and anti-inflammatory compounds

Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.

Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals.

- Improving digestion

In Europe, rosemary is often used to help treat indigestion. In fact, Germany's Commission E has approved rosemary for the treatment of indigestion. However, it should be noted that there is currently no meaningful scientific evidence to support this claim.

- Enhancing memory and concentration

According to research outlined in Therapeutic Advances the aroma from rosemary can improve a person's concentration, performance, speed, and accuracy and, to a lesser extent, their mood.

- Neurological protection

Scientists have found that rosemary may also be good for your brain. Rosemary contains an ingredient called carnosic acid, which can fight off damage by free radicals in the brain.

Some studies in rats have identified that rosemary might be useful for people who have experienced a stroke. Rosemary appears to be protective against brain damage and might improve recovery.



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- Prevent brain aging

Some studies have suggested that rosemary may significantly help prevent brain aging. The therapeutic ability of rosemary for prevention of Alzheimer's shows promise, but more studies are needed.

- Cancer

Research published in *Oncology Reports* found that "crude ethanolic rosemary extract (RO)" slowed the spread of human leukemia and breast carcinoma cells."

Another study, published in *Bioscience, Biotechnology and Biochemistry*, concluded that rosemary might be useful as an anti-inflammatory and anti-tumor agent.

Also, a report published in the *Journal of Food Science* revealed that adding rosemary extract to ground beef reduces the formation of cancer-causing agents that can develop during cooking.

- Protection against macular degeneration

A study published in the journal *Investigative Ophthalmology & Visual Science*, led by Dr. Stuart A. Lipton, Ph.D. and colleagues at Sanford-Burnham Medical Research Institute, revealed that a carnosic acid, which is a major component of rosemary, can significantly promote eye health.

19) Lemon Thyme

- Thyme essential oil, which is obtained from its leaves, is often used as a natural cough remedy. In one study, a combination of thyme and ivy leaves helped to alleviate coughing and other symptoms of acute bronchitis.
- Thymol is also an ingredient in many pesticides — and is commonly used to target bacteria and viruses, as well as other nasties.
- Thyme essential oil is often used for aromatic and therapeutic purposes because of its active substance carvacrol. In a 2013 study, carvacrol was shown to affect neuron activity in ways that boosted the subjects' feelings of well-being.



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20) Elderberry

- Elderberry is one of the most commonly used medicinal plants in the world.
- Traditionally, Indigenous people used it to treat fever and rheumatism, while the ancient Egyptians used it to improve their complexions and heal burns.
- Today, elderberry is most often taken as a supplement to treat cold and flu symptoms. The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They could help tame inflammation, lessen stress, and help protect your heart, too.
- Black elderberry extracts and flower infusions have been shown to help reduce the severity and length of influenza.
- One 2004 study of 60 people with influenza found that those who took 15 mL of elderberry syrup four times per day showed symptom improvement in 2 to 4 days, while the control group took 7 to 8 days to improve.
- Furthermore, a study of 312 air travelers taking capsules containing 300 mg of elderberry extract three times per day found that those who got sick experienced a shorter duration of illness and less severe symptoms
- Helps fight cancer. Both European and American elderberries have been found to have some cancer-inhibiting properties in test-tube studies.
- Elderberry has been found to inhibit the growth of bacteria like *Helicobacter pylori* and may improve symptoms of sinusitis and bronchitis.
- May support the immune system. In rats, elderberry polyphenols were found to support immune defense by increasing the number of white blood cells.
- Could protect against UV radiation. A skin product containing elderberry extract was found to have a sun protection factor (SPF) of 9.88.
- May increase urination. Elderberry flowers were found to increase the frequency of urination and amount of salt excretion in rats.
- May have some antidepressant properties. One study found mice fed 544 mg of elderberry extract per pound (1,200 mg per kg) had improved performance and mood markers.



21) Siberian Pine Needle extract

- TAIGA Professional A320 is a formula containing purely coniferous pine needles, however these pine needles are filled with key nutrients that together, provide the potent antioxidant action the product is known for.

- Chlorophyll

This naturally-occurring compound is what gives green plants and algae their statement green hue. Chlorophyll is highly alkalising, aids in the removal of heavy metals and assists detoxification within the body.

- Resin Acids

Resin acids possess strong antibacterial action. They are unique as they have the potential to selectively burst open, and kill pathogenic microbial cells, which are likely to cause infection. Their selectivity is noteworthy, as it ensures that the integrity and overall health of well-functioning cells throughout the body is maintained.

- Carotenoids

TAIGA Professional A320 is rich in two carotenoids specifically: lutein and zeaxanthin. Carotenoids improve the efficacy and functioning of the body's immune response by increasing the production of antibodies, which neutralise toxins and help destroy harmful bacteria, viruses and infected cells.

- Fat Soluble Vitamins

TAIGA Professional A320 is rich in vitamin E and vitamin K. Vitamin E greatly contributes to the overall antioxidant potential of TAIGA Professional A320 as it protects the fatty bilayer that surrounds all cells from being affected by free radical damage. Vitamin K is relevant also, as it helps to regulate normal blood coagulation and balance calcium levels in bone.

22) Allspice

- Allspice has a long history in folk medicine in the Caribbean and Central America
- Scientific research shows allspice has many medicinal properties. It relieves pain, eases stomach upset, and kills bacteria and fungus.² Compounds in allspice are also being investigated for use in the treatment of cancer and hypertension



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