

“An herb is a friend of physician's and the praise of cooks” Charlemagne

Be Supplement Savvy —  
Use **FOOD FIRST** for flavor,  
health & savings:

- 1) “Natural” does not mean safe.
- 2) Inform your doctor & pharmacist of any supplements you take.
- 3) Dietary supplement regulation is based on data provided by manufacturers. Analysis has shown the product & the label do not always match.
- 4) The FDA evaluates safety after supplements are available in stores.
- 5) Herbal supplements can interact with prescription medicines.
- 6) Isolated compounds in supplements may not provide the benefit of the whole plant.



# HEALTH BENEFITS OF CULINARY HERBS

For centuries herbs have been used in cooking and as remedies. Many western medicines are based on plant extracts. Herbs have been identified as having anti-inflammatory, antibacterial, and antitumor properties which protect our health. Herbs can also influence physical processes such as blood clotting ability, cholesterol production and the immune system.

The following three classes of herbs have been recognized as having cancer preventive properties and are tasty flavorings for food.

- ◇ The Mint (Labiatae) family includes: Thyme Basil  
Rosemary Marjoram Oregano Mint Sage
- ◇ The Carrot (Apiaceae) family includes: Chervil Anise  
Parsley Dill Fennel Celery Seed
- ◇ The Onion (Alliaceae) family includes: Chives Garlic  
Onion, all types Shallot

Safety first! Increase the amount of herbs in your diet gradually. If you take any prescribed medications let your doctor know prior to adding herbal supplements or increasing herbs in your diet. Always tell your doctor about any herbal supplements you take.

A few important points to remember:

- There is no established “dose” for herbs but the small amounts used in cooking pose not problem for generally healthy people.
- Fresh, dried and frozen herbs contain compounds that are very active in our system. For example parsley and garlic can affect blood clotting.
- Herbs grow and have many compounds that work together to produce a desired effect. Herbal supplements are manufactured, and often isolate one compound from a plant.

