

# Seeds

An infographic titled "10 amazing health benefits of Pumpkin Seeds" set against a background of green pumpkin seeds on a wooden surface. A wooden mortar and pestle is visible in the upper right. A red heart with a sunburst effect at the bottom right contains the text "Mama Natural".

10 amazing health benefits of



## Pumpkin Seeds

1. the *only* seed that is alkaline-forming
2. can reduce levels of LDL cholesterol
3. 100 g seeds provide 30 g protein
4. used traditionally to kill parasites!
5. reduce inflammation for arthritis
6. prevent kidney stone formation
7. good for prostate health
8. promote good sleep
9. filled with minerals
10. high in zinc

Mama Natural

# Healing Herbs and Spices

## Medicine Cabinet in Your Kitchen

<b>OREGANO</b> helps soothe stomach muscles			<b>Thyme</b> relaxes respiratory muscles
<b>MINT</b> can ease hiccups			<b>TURMERIC</b> anti-cancer
<b>GINGER</b> anti-nausea remedy			<b>BASIL</b> can relieve gas and soothe stomach upsets
<b>GARLIC</b> natural antiseptic			<b>BLACK PEPPER</b> help relieve indigestion
<b>FENUGREEK</b> helps flush out harmful toxins			<b>CAYENNE</b> can stop a heart attack
<b>Fennel</b> can reduce bad breath and body odor			<b>CINNAMON</b> helps lower blood pressure
<b>CLOVE</b> anti-microbial			<b>Dill</b> treat heartburn, colic and gas
<b>SAGE</b> antiseptic and antibiotic			<b>Rosemary</b> antioxidant

Rawforbeauty.com

Revision #1

Created 13 June 2025 20:09:52 by sedawk

Updated 20 October 2025 11:50:31 by sedawk