

Basil



Basil is a common aromatic herb in the mint family, the same plant family as other nutrient- dense, beneficial herbs, including mint, oregano and rosemary. The taste is sweet, but savory, and just like the smell, it is peppery, yet ever so slightly minty. Basil, of course, is used to add flavor to a variety of recipes, but what may surprise you is the many benefits of basil that make it well-known for its immunity-enhancing properties and is one of the most important medical herbs known today. Basil has vitamin A, K, C and manganese.

HEALTH BENEFITS

- Contains disease-fighting antioxidants
- Anti-inflammatory
- Fights cancer
- Antibacterial Properties
- Antimicrobial Properties that fight viruses and infections
- Combats stress
- Fights depression
- Promotes cardiovascular health
- Supports liver function and helps detoxify the body
- Helps alkalize the body and improves digestion
- Acts as a natural aphrodisiac
- Protects from diabetes and metabolic syndrome
- <https://draxe.com/benefits-of-basil/>