



Health Benefits of Thyme for Cooking and Health

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Thyme For Cooking and Health Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection and Storage Chapter # 4: Growing Thyme Chapter # 5: Species of Thyme Health Benefits of Thyme Chapter # 1: Intro Chapter # 2: Acne Chapter # 3: Lowers the Risk of Cancer Chapter # 4: Alleviates High Blood Pressure Chapter # 5: Food Preservative Chapter # 6: Treats Bronchitis Chapter # 7: Kills the Tiger Mosquito Chapter # 8: Treats Yeast Infections Conclusion References Chapter # 1: Intro Thyme itself is not a plant or an herb; it is a collective name given to any one of the many flowering shrubs of the Thymus genus. Thyme is a member of the mint family and is a bushy, wood-based shrub with small yet highly fragrant, grayish green leaves followed by bands of pink or purple colored flowers in the early summers; it grows 15 - 30 cm tall and can be 40 cm wide. There are more than 350...



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