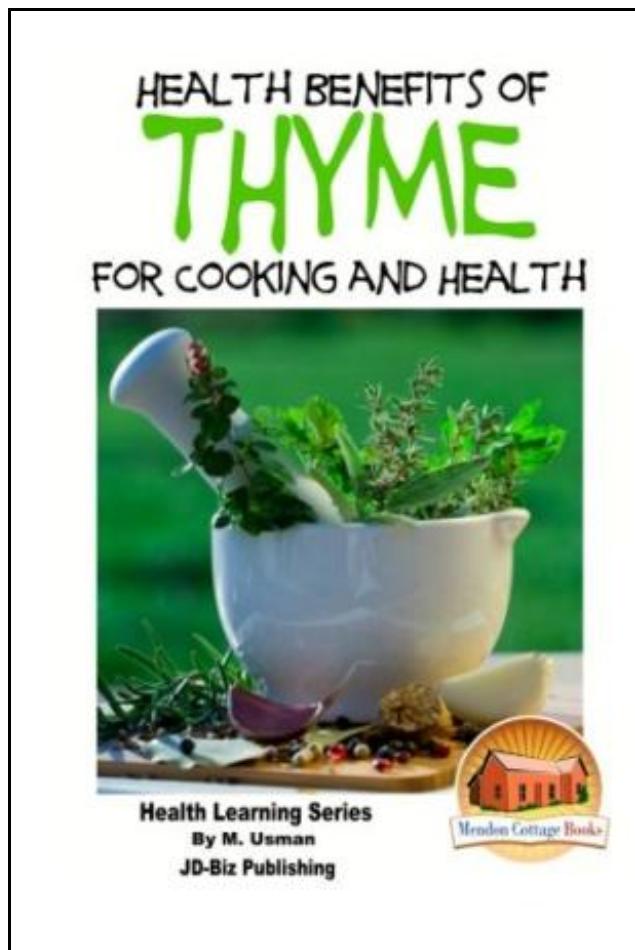


Health Benefits of Thyme for Cooking and Health



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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 fragranced, 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 different varieties of thyme all over the world, with French thyme or thymus vulgaris and lemon thyme being the most popular ones; further varieties are stated in the next chapters. Although there are a great many numbers of varieties, the general characteristics of each thyme are usually the same and it is only the color and dimensions that varies. In the medical community, the different species of thymes are distinguished by the composition of their essential oils. Thyme is incredibly versatile and blends seamlessly with almost all kinds of foods, especially in combination with basil, lemon and garlic. Generally, thyme...

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