

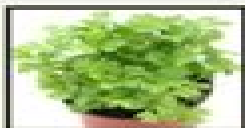
# THE WINDOWSILL HERB GARDEN



**Rosemary** has potent antioxidant and anti-inflammatory abilities and inactivates excess estrogen



**Dill** contains antioxidant properties, deactivates free radicals and neutralizes carcinogens



**Cilantro** helps to remove heavy metals like mercury from the body. Is anti-inflammatory and excellent for digestion and heavy metal detoxification



**Mint** has anti-bacterial, anti-inflammatory properties, helps prevent damage from radiation, and it cuts off the blood supply to tumors



**Parsley** has potent anti-inflammatory and anticancer abilities, activates cancer cell death



**Basil** has powerful anti-inflammatory, antibacterial, and antioxidant properties. Protects against radiation and oxidative damage, and may protect liver cells



**Oregano** possesses anti-bacterial as well as anti-inflammatory properties; encourages cancer cell death



**Thyme** possesses many anti-cancer properties. Thyme contains an essential oil that is rich in thymol, a powerful antiseptic, antibacterial, and strong antioxidant



**Turmeric** is rich in antioxidants and is anti-inflammatory and anti-bacterial



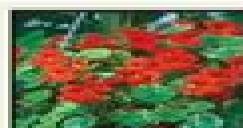
**Tomatoes** are rich in lycopene which is a very important anti-cancer nutrient.



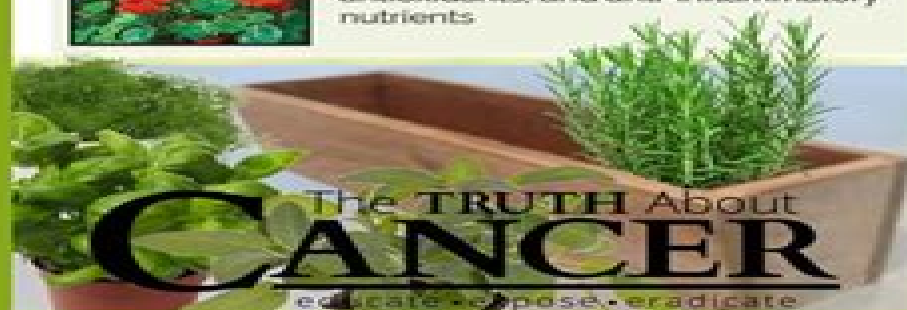
**Ginger** has many anti-cancer properties and known for its ability to shrink tumors



**Sage** is high in antioxidant, anti-inflammatory, and antibacterial components



**Nasturtium** flowers and leaves are concentrated with vitamin C, antioxidants, and anti-inflammatory nutrients



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**CANCER**  
educate • expose • eradicate

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# Parks Success With Herbs

**Zhe Xu**



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