



5 Takeaways

Understanding the Microbiome Series - Herbs & Digestion

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- 1. Rosemary is a member of the mint family**
- 2. Rosemary has is antibacterial and effective against antibiotic resistant Staph strains and H. Pylori**
- 3. Star Anie has been used for over 3,000 years in Vietnam and China in cooking and medicine.**
- 4. Star Anise decreases gas, bloating and helps with digestion**
- 5. Ginger in traditional Chinese medicine is considered a warming herb used for at least 4,000 years to treat many things including nausea, digestion, arthritis, and the common cold.**