

Rosemary



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- ✓ Anticancer
- ✓ Cardioprotective
- ✓ Anti-Alzheimer's
- ✓ Anti Parkinson's
- ✓ Anti-toxin
- ✓ Anti-allergy
- ✓ Rich in iron, calcium, vitamin B6

✓ Natural Preservative

Tip:

Put a few rosemary leaves (dry or fresh) to your uncooked meat or to any homemade oil, moisturizers and etc., and it will act as a chemical free preservative 😊

WARNING: For the most part, rosemary is considered safe with no side effects. However, pregnant women should avoid consuming large amounts of rosemary because it may lead to uterine contractions and miscarriage. People with high blood pressure should not take rosemary because it may raise blood pressure.