

# HERBS AGAINST ANEMIA

There are nuts, seeds, fruits and vegetables that fight anemia. The use of kitchen herbs can be a nice addition. With some herbs you can start in the morning, with an oatmeal or smoothie. That is the way to change your mineral intake, by adjusting your meals with medicinal foods.

## **Kitchen herbs do not do it alone**

You can make a parsley soup right away, which is actually a good idea against anemia. You can use kitchen herbs together with fruit and vegetables against anemia. Kitchen herbs that prevent anemia can enhance the functioning of the other herbs, vegetables and fruits. In addition, it is possible to take medicinal herbal food medicines that fight anemia. Herbs generally contain more minerals than vegetables. That is why it is good to supplement vegetables with herbs, to obtain an extra iron rich meal.

*Herbs generally contain  
more minerals than vegetables.*



## **Parsley**

Parsley contains a lot of iron but other minerals are also present to a large extent. In fact, parsley is the plant which is most dense in iron of all edible plants. Parsley can simply grow in your own garden or in a flower pot with herbs in the windowsill. Use parsley in smoothies, salads and as bread topping every day. You can make a soup from parsley. This has a lot of mineral value. Boil a whole bunch of chopped parsley for a few minutes in plenty of water and blender it with a hand blender. Also add some coconut cream. This is how you make an iron-rich soup. If you want to use a different vegan cream, you can use almond milk.



## **Coriander, cilantro**

Coriander is a tasty leaf that offers all kinds of healing power. Coriander fits well in a salad, a curry dish, on an omelet and in a potato mix. You can use it daily. In the evening it can be used as a herb in the guacamole. Guacamole is a healthy dipping sauce from avocado mash, chili pepper, small parts of tomato, cucumber, and onion. Cut the coriander fine and mix all the vegetables and herbs together.

## **Cumin**

Cumin is a seed. You can use it in a spice mix for tea. A tea mix of cumin, cinnamon, ginger and licorice root will give you a herbal chai. In soaked form you can mix cumin seeds with other spices such as ginger, coriander seeds, cardamom, fenugreek, onion and curry powder in a blender to make a base for a curry sauce. In Germany and The Netherlands, cumin is added to bread and cheese. This way you enjoy eating extra minerals every day.



## **Cardamom**

Cardamom is a seed that contains a lot of zinc and magnesium. You can eat a few seeds. That is good for the mouth odor. In India it is very common to eat some refreshing seeds after a meal.

Cardamom is also used for liver and bile problems.

## **Fenugreek**

Fenugreek is a yellowish, unevenly shaped seed. It tastes sweet in a tea blend. If you soak it, you can use it to blend a spice mix. That is a mix that you use to make a vegetable mix tastier. If you soak fenugreek and then mash it, you can process it in a dough that you use for baking sweet products. Use it as one of the sugar substitutes, together with for example: stevia, licorice root and cinnamon.

*Cardamom is a seed  
that contains a lot of zinc  
and magnesium.*

## **Basil**

Basil is a leaf herb. It has a nice taste. You can grow basil along with other herbs in the windowsill. There is a wild basil species that grows in Africa and southern Europe. The wild species is a perennial plant. Supermarket basil is a fully grown variety that does not last longer than a few months. You can use the leaf as an alternative salad leaf. Basil is tasty on bread in combination with cheese and tomato. If you use basil, use a lot, you may want to grow it up in a big pot. But do not cultivate it for too long. Go, use it.

## **Malva**

Malva is good for several things that have to do with the blood. It is good against high blood pressure. In addition, the blood is purified by malva. Malva is mainly used as tea. You can also drink a tea from the leaves that helps with anemia. Malva has various medicinal properties. It is also used in weight loss and colds.

## **Temu lawak**

Temu lawak is a Javanese ginger variety with medicinal qualities. It is also named "Javanese turmeric". In Java temu lawak is traditionally used in anemia. It is also an enhancing agent. It stimulates the appetite. Who eats more, also eats more minerals. To temu lawak several studies have been done and many medicinal effects have already been confirmed. Instead of temu lawak you can also use fresh turmeric, from the same family. This Indian spice is much more well known for its medicinal capacities than Javanese ginger.

## **In addition to herbs, use mineral-rich grains and nuts**

As indicated earlier, kitchen herbs alone are not enough for medicinal applications. You have to search in the combinations. Apart from the culinary herbs, there are also a few cereal and nut varieties that have medicinal value in anemia or anemia. Oats, couscous and wheat grass contain so many minerals that they can be used against iron deficiency. Cashew nuts and sesame seeds also contain many minerals. Make a dish with turmeric, cashew nuts and couscous. At least add some basil, coriander and cumin. Then you assure yourself of a mineral rich meal! For breakfast you can think of oatmeal with sesame seeds, fenugreek, apricot, goji berries and rosehip. You can just prepare this as a porridge. You put the mineral-containing fruit on your plate, as a sweetener.

## **Basil on a terrace table of an Italian Trattoria in Amsterdam, The Netherlands**



**A**

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

**B**

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

**C**

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

**D****E**

[Eggplant](#)

[Endive](#)

**F**

[Fennel](#)

[Food as medicine](#)

**G**

[Garlic](#)

**H**

[Horseradish](#)

[Hot pepper](#)

**I**

[Iceberg lettuce](#)

**K**

[Kale](#)

**L**

[Leek](#)

[Lettuce](#)

**M**

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

**N**

[Nettle](#)

**O**

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

**P**

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

**R**

[Root celery](#)

[Romaine lettuce](#)

**S**

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

**T**

[Taro](#)

[Tomato](#)

[Turmeric](#)

**U****V**

[Vegan milk](#)

**W**

[Watercress](#)

[Wild vegetables](#)

**Z**

# **SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR**

## **18 EURO PER YEAR.**

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND  
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

