

And You Thought It Was For Decorating Your Plate

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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Lena Sanchez

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One of the oldest herbs in the world and is now grown all over the world is also one of the greatest toxin removal systems around as well as illness and disease preventor... PARSLEY

And you thought it was just to decorate your plate. Not so, next time the restaurant puts a sprig of parsley on you dinner plate, eat it!

Parsley originated in the Eastern Mediterranean region but is now grown throughout the world. For more than 2,000 years, it has been known as a medicinal herb. The ancient Greeks valued the seeds and roots of the plant for their soothing, diuretic effect on those with kidney and bladder ailments. Today parsley is still used primarily as a diuretic. In addition, it strengthens the digestive system and helps alleviate stomach and liver problems. In folk medicine, parsley is recommended for women who have irregular menstrual periods. As a diuretic, it may also ease the bloating that some women experience before their periods. In addition, parsley leaves are a good source of many vitamins and minerals – including iron, which is important for the proper formation of red blood cells, potassium and vitamin C.

The Medieval German herbalist St Hildegard of Bingen prescribed parsley wine to improve blood circulation. It was believed to help heart conditions. To make parsley wine, combine 10 – 12 large sprigs of parsley with 1 quart of red or white wine and 2 teaspoons of white-wine vinegar. Boil for 10 minutes then add 9 ounces of honey. Strain the mixture and pour into bottles. Take 1 Tbsp. Three times a day.

This herb supplies important vitamins and minerals, for instance, just ¼ cup of fresh parsley provides a third of your daily vitamin C requirement. It's high vitamin C and A content also help fight cancer. Parsley ranks higher than most vegetable in bistidine an amino acid that inhibits tumors. In addition, parsley is an excellent source of potassium, which is important in lowering blood pressure. Also

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supplies folic acid, which helps prevent cardiovascular disease. It also contains calcium, manganese and iron.

Parsley for Osteoporosis; Sometimes high doses of calcium are taken in supplemental form, however this impairs the body's absorption of manganese which help build bone. But parsley enhances manganese absorption, particularly when it is eaten with foods containing copper and zinc, such as shellfish and whole grains.

Tips:

·Parsley contains essential oils; the most important one, apiol, is a kidney stimulant. Because these essential oils can stimulate uterine contractions, pregnant women should avoid eating large quantities of it. BUT, after the baby is born, parsley can help tone the uterus and promote lactation.

·Don't cook parsley, because heat destroys its valuable vitamins and minerals. To retain parsley's flavor, chop the herb just before using and add it to hot foods at the last minute.

·Avoid dried parsley, it is far less tasty and healthful than the fresh herb.

·Try the flat leaf variety, also called Italian parsley, It has more nutrients and a better flavor than curly parsley.

·Add parsley to compliment a dish, such as potatoes, smoked salmon, trout, poultry, pasta and vegetables.

·Freeze fresh parsley to save preparation time in the kitchen. Wash, zip seal plastic bag. You can then remove the amount you need with each recipe.

·To keep parsley fresh, sprinkle it with water, wrapping it in paper towels and refrigerating it in a plastic bag. Or place parsley stems in a glass of water, like a bunch of flowers, and refrigerate.

This Parsley spread is great on crackers, for dip or on wheat bread as a sandwich spread.

2 bunches of parsley

2 shallots

½ cup heavy cream

1 cup cream cheese

2 tbsp. Lemon juice

Salt to taste

White pepper as desired

2 scallions

2 or 4 large tomatoes

Cayenne pepper to taste.

1) Wash the parsley in cold water and strip the leaves from the stalks. Coarsely chop leaves. Peel and dice the shallots. 2) Mix together the heavy cream, cream cheese, lemon juice, parsley and diced shallots. 3) Season to taste with salt and pepper. 4) Peel the scallions; cut into thin rings. Dice 2 tomatoes, season with salt and cayenne pepper to taste; mix with the scallions.

When using four tomatoes cut the remaining 2 tomatoes into ½ inch slices cover them with the parsley spread and top with the scallion mixture or use as cracker spread or sandwich filling.

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## **Children's Bedroom Decorating Ideas Begin With The Right Furniture**

**By Grace P. Fairchild**

When you are trying to come up with children's bedroom decorating ideas, it is important that you select the proper furniture to go with the kids bedroom decorating of your choice. It may not have even crossed your mind that there is actual furniture out there created specifically for decorating a kids bedroom, but these are essential for creating a child-sized space that is easy and safe for your kids to live and play with.

There are many different styles of furniture that you can use for decorating childrens bedroom, so the first thing that you will need to consider is the age of your child, the size of the room, the shape of the room, and whether or not the room is being shared. No matter what, this do it yourself bedroom decorating for kids allows your child the ability to:

\* Rest well \* Study in comfort \* Play in a safe and attractive space \* Store all belongings in easily accessible places

Among the best children's bedroom decorating ideas for creating space is to purchase multi-functional furniture. These kids bedroom decorating ideas allow the furniture to be used for many purposes such as storage, bins, bookcases, and stackable crates. Decorating kids bedroom this way allows you to keep things off the floor, but still remain within reach of the kids.

Other real space-saving bedroom decorating ideas for kids include using bunk or loft beds when children are sharing the room. This allows two beds to be in the room, taking only the space of one. When your children aren't sleeping, they'll really appreciate these children's bedroom decorating ideas for the extra play space they have.

You will be certain to discover that when it comes to children's bedroom decorating ideas these days, the options are practically limitless.

Grace writes for

North Carolina's largest online furniture store

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offering premium furniture including a large selection of children's bedroom furniture



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