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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Basil The Sweet Herb

By David McCarthy

Sweet Basil (*Ocimum basilicum*)

Basil is my favorite of all the herbs because it is so versatile and easy to grow. Those of you who follow my recipes site will know that I like to grow my own herbs and as basil is normally ready to eat just 6-weeks after planting I naturally use it often.

Basil is an attractive annual, about 18 inches (450 mm) tall with light-green, fairly broad leaves. There are several species of cultivated basil, one having purple leaves, so it is also a decorative plant in your garden.

Basil grows easily from seed planted after all danger of frost has passed. Pinch stems when the plant reaches 18 inches (450 mm) tall to promote bushy, compact growth. Avoid lush growth as it may reduce the flavor.

Green leaves can be picked about 6 weeks following planting. It is best to cut leaves for drying just before flowers open. However, if you can use fresh the taste is far better and it is also an extra vegetable to compliment a healthy diet.

Spicy-scented basil leaves are one of the most popular of all herbs used in cooking. There are two particular ways I like to use basil; the first, and most common, is to mix it with pine nuts and a little garlic, a splash of balsamic vinegar and extra virgin olive oil in a blender to make Pesto. Pesto can be kept for a few days in the refrigerator. Use about 90% basil to 10% pine nuts.

The other way I like using basil is with freshly picked tomatoes, sliced, drizzled with extra virgin olive oil and sprinkled with chopped basil. This dish can be served alone as an appetizer or as part of a salad.

The other great thing about basil is that you should grow one basil plant between each tomato plant in your garden. The plants compliment each other and the basil acts as a deterrent to many of the bugs that like tomato. It never fails to amaze me the way nature has a habit of making complimentary plants that together protect each other in growth and them compliment each other on the table.

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Top chefs use basil with all tomato dishes, whether cooked or raw. The other thing to remember about using olive oil is that it is an omega 3 oil and very good at promoting "good" cholesterol.

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David McCarthy writes articles about food and the affect it has on your health. His work can be read at

<http://www.recipesmania.com/>

where you will also find a totally free and effective weight loss program.

Basil - More Than A Kitchen Plant

By Sharon Hopkins

A universally known fact is that aromatherapy uses essential oils extracted from plants. One of the most commonly used essential oil in aromatherapy is that of Basil. Basil got its name from the Greek word "basileum" meaning "king". Considered as "king among plants" as it was one of the ingredients on the list of oils blended to massage kings.

Basil is an important herb as its uses are two-fold, for cooking as well as to cure a variety of ailments. The herb covers and offers a plethora of medical benefits. If added early while cooking, it loses its flavor; hence it should be used as soon as it is plucked from the plant. It ought to be added towards the end of cooking. It exudes a warm, gentle unique flavor and fragrance in cooking.

The leaves of basil are steam-distilled to create oil. Medically, it provides relief to sore gums, ulcers, chest infections and digestive problems. It has been used as a brain stimulant and an antispasmodic, making it wonderful in the treatment of bronchitis and whooping cough.

Basil is said to have uplifting and refreshing properties. 2-3 drops of basil oil is known to relieve mental fatigue, tension, stress, mild anxiety, loss of appetite, flatulence, nausea, sinusitis, cold, fever, earaches, eases rheumatic, arthritic and muscular pains.

A potpourri of dried basil leaves and flowers creates a fragrant atmosphere wherever kept. It is also used as an insect repellent, as burned sprigs of basil drive away mosquitoes. If you keep a potted plant of basil on the windowsill, it will deter flies from entering your home.

Basil oil, when mixed with massage oil and gently rubbed over the stomach, helps to ease many types of digestive problems. Basil should be used sparingly on skin as it could cause irritation. If you want to add a few drops to your bath, dilute it with a carrier oil, or mix it with a skin cream or lotion.

It should NOT be used during pregnancy. Basil helps with depression, increases alertness, aids in concentration, relieves headaches, head congestion and migraines. Basil regulates the menstrual cycle and reduces menstrual cramps. The herb blends well with rosemary, lavender, bergamot, clary sage, geranium and citrus oils.

Sharon Hopkins manages aromatherapies sites like

<http://www.aromatherapies.net>

that provides

information on aromatherapy essential oils. They concentrated extracts of plants and their roots, stems, flowers and fruits. Further they can be classified as carrier oils, massage oils, cooking and baking oils.



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