

### Herbs that can be grown in the Tower Garden & Their Medicinal Uses

Most of the herbs have medicinal properties that we may not be aware. Majority have antioxidant, anti-inflammatory, stress reducing compounds as volatile acids, minerals, elements, and vitamins. Following is a table listing the herbs that can be easily grown in the Tower Garden and enjoy them in the cuisines, as tea and also oils. Antioxidants are compounds that help remove these molecules from the body. If they build up instead, oxidative stress can occur, resulting in cell damage and, possibly, disease. cancer, heart disease, rheumatoid arthritis, diabetes, and other health issues to oxidative stress.

**As the herbs interact with the traditional medicines, your health professional needs to know about the herbs you are using.**

Name	Parts used	Contains	Anti microbial	Anti-inflammatory	Anti Cancer	Antioxidant	Circulation	Digestive	Diabetes	Kidney	Nervous System	Other
<b>ALFA ALFA</b>	Leaves, sprouts, seeds	Vits A, C, E, & K4; Min -K, Ca, Ph, Fe		Scientists have linked cancer, heart disease, rheumatoid arthritis, diabetes, and other health issues to oxidative stress.						Kidney, bladder & Prostate conditions. Urine flow		
<b>ANISE</b>	Seeds	Essential Oils - Anethole						Carminative				
<b>BASIL</b>	Leaves,	Flavonoids, volatile Essential oil – Estragole, lutein, Calcium Vit k	Malaria & other infections	Yes - joint pains, cramps,	Yes	Yes	Lowers cholesterol	GI upsets,	Regulates blood sugar	Eases urine flow	Calms	Snake bites,
<b>CELERY</b>	Leaves, stems, seeds	Volatile oils, coumarines, flavono		anti-rheumatic			Lowers B.P.	Carminative, anti- spasmodic		mild diuretic		
<b>CHIVES - garlic , onions</b>	Leaves, cloves	Volatile oils, Vit A, B, C, & E; Selenium	Antibiotic				reduces B.P, reduces blood clotting, i		Lowers blood sugar			Increases sweating, expectorant
<b>CILANTRO</b>	Leaves, seeds	both cineole, a terpene, and linoleic acid, a carboxylic acid; Calcium, iron,		arthritis, rheumatism;			Lowers LDL; Lowers B.P.;	Soothes irritable bowels		remove excess water from the body - mild diuretic, bloating, cramps,		Bone health due to its Calcium; Removes heavy metals;
<b>DILL</b>	Leaves, seeds, oils	Volatile oils, flavonoids,	cold, cough, flu,					Carminative, antispasmodic		mild diuretic;		
<b>LEMON BALM</b>	Fresh or dried Leaves, stems,	Volatile oils, tannins, flavinoids	antiviral					Carminative, antispasmodic			Nerve tonic, relaxant,	Can inhibit thyroid function;
<b>LEMON GRASS</b>	Leaves as tea	Volatile oils, phenolic acids						Carminative, antispasmodic				applied externally to relieve pain,
<b>MINT</b>	Fresh or dried Leaves, stems,	Volatile oils, phenolic acids	Antimicrobial		YES			Carminative, antispasmodic				analgesic, increases sweating.
<b>OREGANO</b>	Leaves, oil;	Thymol, carvacrol, fiber, vit E & K, manganese, iron, tryptophan & calcium.	Antibacterial; The oil is used for sore throats, nasal congestion, muscle & joint pain,			YES						
<b>PARSLEY</b>	Leaves	volatile oil, flavonoids, Vit A, C, E, folic acid,		asthma, arthritis,	YES	YES	atherosclerosis, heart health;		Antidiabetic			
<b>ROSMARY</b>	Leaves, as an infusion, distilled or tincture	Volatile oils, rosmarinic acid, tannins, diterpenes					improves circulation;				Migraines, soaking bath, scrub, nerve repairs,	recovery from chronic illness –
<b>SAGE</b>	Fresh & Dried leaves	Volatile oils, tannins, phenolic compounds	antiseptic, clears mucus,				lowers triglycerides;				nerve tonic,	Astringent, estrogenic,
<b>THYME</b>	Leaves fresh or dried, & aerial parts;	Volatile oils, mainly thymol, flavonoids, phenolic acids	Antiseptic			YES		stomach ulcers;				relieves muscle spasms, anti aging, tonic,