

The Science Behind Taking the Right Green Supplements

Type: Comprehensive Review
Received: August 05, 2024
Published: August 16, 2024

Christina Rahm*

DRC VENTURES LLC, USA

***Corresponding Author:** Christina Rahm, DRC VENTURES LLC, USA.

Citation:

Christina Rahm. "The Science Behind Taking the Right Green Supplements". PriMera Scientific Surgical Research and Practice 4.3 (2024): 67-76.

Copyright:

© 2024 Christina Rahm. This is an open-access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Introduction

Today, with all the pollution in our environment and so many of us working in toxic environments, we need to take extra steps to cleanse and protect our bodies. These green supplements can help by addressing the science behind certain greens and how they assist with detoxification and aging, among other things. Many of us are not even familiar with the many different greens we can take to support our immune system, our digestive system and how they help cleanse the body. The following article is meant to explain a few of the many green supplements you can find on the market today. Just like conventional medicine, not every green supplement is going to work for everybody. What works for one person may not work for another. It's best to simply experiment and see what works best for you and your particular needs. As a rule of thumb, always consult with your primary care physician before adding any new supplement or herb to your daily regimen if you have any known health problems or are currently taking any medications.

Spirulina Plant

The Spirulina plant, which provides us with Spirulina powder and Spirulina capsules, is among one of the most researched plants in history. This is due to its heart-healthy, anti-oxidant and anti-aging properties. It's very interesting to note that algae (which is primarily composed of water, essential minerals and plant hormones) have been shown in at least one study to be more effective than plant oil, in clearing out the bad cholesterol from arteries there are now claims that Spirulina powder is a superior source of B12, which may help prevent neurodegenerative diseases (Soni, et al.,2017). Spirulina also helps repair DNA [which has been] damaged by free radicals and may help improve immune function (Gumbo & Nesamvuni, 2017). It's also anti-cancerous and promotes the health of the digestive and nervous systems.

<https://www.sciencedirect.com/science/article/pii/S0924224417302182>

<https://univendspace.univen.ac.za/handle/11602/1277>

Aloe Vera Herbs & Extract

While aloe Vera is more well-known for its topical uses, many of us don't realize that it's also a great component to add to our green supplement regimens as well. Aloe Vera has been shown in studies to have anti-viral properties, including the ability to inhibit herpes simplex virus. It's also been proven effective in fighting off infections caused by bacteria and protozoa. Aloe Vera can help with the symptoms of acute gastritis, indigestion, diarrhea and ulcers. It can also help lower your blood sugar levels

when they're too high. The fresh gel found inside of an aloe plant is known for boosting the immune system and reducing inflammation. Studies show that some of the constituents in the Aloe Vera plant may have anti-cancer properties, including a substance called "aloin". Aloe Vera is also known for its ability to relieve pain and inflammation. It's a natural anti-inflammatory which is why it can help with swelling, pain and muscle spasms due to arthritis. As an anti-inflammatory agent, aloe vera can also help with symptoms of sunburns, psoriasis and eczema. Aloe Vera is even effective at healing wounds. Aloe Vera also seems to be effective in treating various digestive problems such as heartburn, ulcers, acid reflux disease and irritable bowel syndrome (Khanal et al., 2021). The Aloe Vera plant also contains soluble fiber, which can help with weight loss. It's also a great source of minerals such as calcium, copper, iron and zinc. The natural news article states: Studies show that aloe vera may even be effective for treating dementia. It may reduce the cholesterol levels in your body and help prevent atherosclerosis. Aloe vera is believed to help with detoxification of the body by supporting the function of the liver (Ebrahim et al., 2020). It's believed to be effective in protecting against cancer and it's been shown that it can reduce blood sugar levels. Aloe vera is known for its anti-inflammatory properties, which make it an effective treatment for arthritis and rheumatoid arthritis. It's even effective at soothing pain.

<https://www.tandfonline.com/doi/abs/10.1080/00439339.2020.1830010>

<https://www.hindawi.com/journals/jnme/2021/8029413/>

Mullein Herb

One of the most popular "herbs" that people take in to fight off illness is mullein herb. The natural. The leaves contain especially potent hydrogen sulfide, which can be used as a powerful antibiotic. The flowers are also great cold remedies. They can help reduce pain, gas, cramps and spasms. Mullein extracts may also prove very effective in treating sore throats and coughs as well as controlling infection. A study showed that mullein helped to reduce inflammation caused by shingles. The leaves are also a good source for the amino acid lysine. This amino acid is known for its anti-viral and anti-bacterial properties. The plant can also be used to treat bronchial infections, bronchitis and pneumonia. Mullein is particularly effective at reducing inflammation of the colon due to its ability to reduce colonic hypermotility and increase colonic peristalsis. Mullein can also help prevent flu, and studies show that it may even help with prevention of prostate cancer. Some of the other components in mullein include tannins and flavonoids, which are both anti-inflammatory, anti-viral, antibacterial and antifungal. Mullein is also great for fighting against parasites. This is because the leaf has a lulling effect on the GI track, and can help to reduce intestinal spasms (Nadeem et al., 2021). The herb may also help to eliminate intestinal worms thanks to its anti-parasitic properties.

Mullein is also believed to have pain relieving effects due to its sedative tendencies. The herb can help calm the central nervous system and reduce anxiety. The natural news article states:

Studies show that mullein may even be effective in treating diabetes. Mullein is also believed to have antioxidant properties, which can help protect against certain types of cancer. Detoxification has also been shown to be effective due to mullein's ability to reduce inflammation which can help with heavy metal toxicity, too.

<https://www.phcogj.com/sites/default/files/PharmacognJ-13-6-1488.pdf>

<https://www.ingentaconnect.com/content/ben/npj/2019/00000009/00000003/art00003>

Garlic cloves

Garlic cloves contain allicin, which is a powerful antioxidant. Studies show that allicin may be especially effective against viruses, including single stranded RNA viruses. The study also shows that allicin may prove effective against parasites, including schistosomes. These parasitic worms cause the deadly filarial disease "elephantiasis". Garlic has been used for centuries as an antibiotic. It contains allicin, which is believed to be effective in fighting off bacteria and viruses. Garlic can help to prevent bacterial infections of the urinary tract. It can also help fight infections caused by the Candida fungus. Garlic has been known to help prevent the flu and reduce levels of

cholesterol in the blood. Some people also use it to reduce high blood pressure, stroke and heart attacks (Ryu & Kang, 2017). This is because garlic contains allicin, which is believed to relax blood vessels and increase circulation. Garlic is also believed to be effective against cancer because of its ability to strengthen the immune system. Garlic contains selenium, which is an essential trace mineral that helps with healthy thyroid function. Studies show that garlic may even help with prevention of prostate cancer. Garlic may be effective for osteoarthritis, asthma and atherosclerosis. It's also believed to be effective in treating a variety of other health problems, including skin conditions and digestive disorders. Garlic may also help with fatigue, migraine headaches, bacterial infections and high blood pressure. In one study, it was shown that garlic could reduce levels of cholesterol in the blood. Garlic is also believed to support healthy gallbladder function. Cloves have been used as a perfume and spice for hundreds of years. The taste improves appetite and helps prevent tooth decay. Cloves are an especially potent source of nitric oxide (NO), which can improve blood flow throughout the body. Cloves have been shown to be effective as a natural cancer treatment (Zawistowski et al., 2018). They help reduce inflammation, which can help reduce pain. Researchers believe that cloves may be effective in treating breast cancer. The active ingredient in cloves is allyl sulfides, which are thought to have strong anti-inflammatory properties. Cloves may also prove to be an effective treatment for conditions related to aging, such as arthritis and osteoporosis.

<https://pubs.acs.org/doi/abs/10.1021/bk-2018-1286.ch017>

<https://www.mdpi.com/200450>

Black Cumin

Black cumin seed Black cumin seed contains thymoquinone, which is an antioxidant derived from black cumin seeds. The plant has been used as a natural treatment for skin problems since antiquity. It's believed to have antiseptic and disinfectant properties, while also being useful as a treatment for cancer and fungal infections. Black cumin may also be effective in fighting off parasites, including trematodes. This is because the seed contains thymoquinone, which is an antioxidant derived from black cumin seeds. The plant has been used as a natural treatment for skin problems since antiquity. It's believed to have antiseptic and disinfectant properties, while also being useful as a treatment for cancer and fungal infections. Black cumin may also be effective in fighting off parasites, including trematodes (Srinivasan, 2018). This is because the seed contains thymoquinone, which is an antioxidant derived from black cumin seeds.

The main active ingredient in black cumin seed is thymoquinone, which has strong antimicrobial properties. This ingredient has also been shown to help prevent certain types of cancer. Black cumin also contains tannins, which are an astringent and anti-inflammatory substance. Most studies have been conducted on the seed, but one study showed that the essential oil from the seed was effective in treating psoriasis. Black cumin is also high in glycosides, which have antimicrobial and antioxidant properties. The glycosides are believed to work by slowing or stopping the growth of mold and yeast. Furthermore, it's believed that thymoquinone can help prevent infections caused by bacteria and viruses. Black cumin may also help to reduce pain by inhibiting the production of prostaglandins, which are chemicals produced by the body. Black cumin has been shown to be effective in reducing inflammation, which can help treat various health problems, including osteoarthritis and asthma. Black cumin can also help to kill harmful parasites because of its ability to prevent an infection from spreading throughout the body. The herb may also be effective for heavy metal toxicity and certain types of cancer. It can fight against viruses such as influenza, herpes simplex and herpes zoster. Because black cumin is believed to be an antioxidant, it can protect against liver damage caused by alcohol consumption. Black cumin may also help to protect against Parkinson's disease (Hannan et al., 2021). Black cumin seed is commonly used as a spice in Middle Eastern, North African and Indian cuisine. In the past few decades, the use of black cumin seed has increased greatly among people who prefer natural remedies to treat diseases.

<https://academic.oup.com/fqs/article-abstract/2/1/1/4823052>

<https://www.mdpi.com/1121808>

Eucalyptus

The genus *Eucalyptus* contains about 2,000 species of evergreen trees that grow worldwide. Eucalyptus oil has been used for centuries as a natural insect repellent, to treat colds and coughs, as an antiseptic and as an expectorant (cough suppressant). It's also used in manufacturing a variety of goods including toothpaste, medicine and cologne. The main active ingredients in eucalyptus oil are terpenes. These are the same chemicals that make mint oils effective as cough remedies. Because eucalyptus oil is so concentrated, it's not recommended that you use it on the skin. Overuse of eucalyptus oil can cause skin irritation and even blisters in people with sensitive skin. This can occur because the essential oil is a strong oxidizer, which can damage tissue when applied directly to the skin or inhaled in large amounts (Ribeiro et al., 2020). Eucalyptus contains terpinen-4-ol, which has antiseptic properties. Eucalyptus may also help to reduce inflammation in the lungs and sinuses. The oil also contains 1,8-cineole, which helps thin mucous secretions and increase lung capacity. Eucalyptus may also help with colds by boosting the immune system and by reducing inflammation. It's known to help relieve sore throats caused by the common cold and other respiratory infections, such as bronchitis. This is because eucalyptus oil has been shown to have a soothing effect on the throat, which helps to reduce the risk of infection. A study showed that eucalyptus may prevent the growth of bacteria in the mouth. Eucalyptus may also be effective for treating asthma because it's capable of relaxing spasms in the airways and improving lung function. The herb may also be useful for relieving cramps, especially menstrual cramps. It's believed to help reduce menstrual pain because it inhibits the production of prostaglandins, chemicals responsible for causing uterine contractions (Mphahlele et al., 2020). Eucalyptus oil is available in most health food stores and can be found in cough syrups, cold remedies, liniments and herbal teas. The decongestant properties of eucalyptus are overwhelmingly beneficial.

<https://link.springer.com/article/10.1007/s11295-020-01443-1>

<https://link.springer.com/article/10.1007/s13595-019-0909-9>

Lavender

Lavender is also a member of the mint family, and has been used extensively throughout history as a natural remedy for a wide variety of ailments. It's most often used in soaps and oils because it has a pleasant smell and is considered relaxing. Its active ingredients are linalool, which is an antiseptic, and linalyl acetate, which has mild antifungal, antiviral, antibacterial and antioxidant properties. Lavender effectively cleanses the pores of the skin by tightening them, reducing pores on the surface of the skin. Lavender is often used as a natural remedy for acne because it can inhibit oil production in the skin and shrink the pores. The herb also effectively treats eczema by relieving inflammation and soothing itchy, cracked skin. Lavender is also known to effectively treat certain types of fungal infections, including athlete's foot and dandruff (Sharma et al., 2019). Lavender oil can be used directly on the skin or inhaled to treat migraines, headaches, muscle spasms, low blood pressure and insomnia. Lavender may be effective for treating muscle pain by relaxing tense areas in the body because it contains linalyl acetate. It is believed that linalool helps to sedate the nervous system, which can help relieve tension headaches. It's also used as a natural remedy for joint inflammation, which has been shown to help relieve pain and discomfort in adults. Lavender can treat cold infections in the nose and throat by stimulating the flow of blood to the area (Samuelson et al., 2020). Lessens menopausal hot flashes, reduces risk of insomnia, regulates menstrual cycles, reduces stress, Promotes hair growth and healthy skin.

<https://www.journalofsports.com/pdf/2019/vol4issue1/PartAB/4-1-317-920.pdf>

<https://www.liebertpub.com/doi/abs/10.1089/acm.2019.0286>

Melissa (also known as Lemon Balm)

Melissa is a perennial plant native to the Mediterranean region that's been used for centuries as a natural remedy for various diseases. The herb has been shown to effectively treat high blood pressure by relaxing the blood vessels. Melissa can also help reduce anxiety by promoting calmness in people who suffer from depression, stress or insomnia. Melissa contains rosmarinic acid, which

may help to fight against harmful viruses such as influenza and herpes simplex. The herb also contains leucidal and camphor, which have a strong antimicrobial effect (Świąder, 2019). Melissa is used as a herbal tea to treat colds and flu. It's also believed to help with seasonal allergies and hay fever. The herb has been shown to be effective for treating dry skin by reducing inflammation, improving blood circulation and promoting the production of new skin cells. It's claimed that lemon balm can help to reduce stress, anxiety and depression because it's capable of relaxing the central nervous system, which may alleviate symptoms such as anxiety (Ghazizadeh et al., 2021). Lemon balm oil can be taken orally in small doses, or ingested through an inhaler or vapouriser (such as the Volcano Digital Vaporizer). It promotes sleep and improves appetite. It is soothing for the throat, helps soothe the stomach and intestines.

https://www.researchgate.net/publication/337315584_The_therapeutic_properties_of_Lemon_balm_Melissa_officinalis_L_Reviewing_novel_findings_and_medical_indications

https://www.researchgate.net/publication/354961402_Historical_Course_of_Neuropsychiatric_Effects_of_Lemon_Balm_Melissa_Officinalis_L_as_a_Medicinal_Herb

Peppermint

Peppermint (also known as Spearmint) Peppermint is an annual herb that's native to Europe and North Africa. It's believed that peppermint was used as a natural remedy in ancient times because of its ability to aid digestion. Peppermint actually contains many of the same medicinal properties found in pepper, including carminative, expectorant, antispasmodic, antiseptic and antimicrobial properties. These properties make peppermint an effective herb for treating ailments related to the digestive system such as irritable bowel syndrome, diarrhea, gas and nausea (Nazerieh et al., 2018). Peppermint may also be useful for treating arthritis and muscle pain. It's a common remedy for an upset tummy, which is why it's often included in many teas, cough syrups and cold remedies. Peppermint oil can be taken into the body through inhalation or orally by taking doses of 1-2 ml every hour. Peppermint oil has been shown to have a calming effect on the central nervous system, which may help to relieve anxiety or tension. Peppermint oil can also help to reduce anxiety because it's capable of relaxing the muscles of the heart. When peppermint oil is taken internally, it can promote the production of saliva and mucus in the stomach, which aids in digestion. It may also be beneficial for treating nausea by increasing gastrointestinal tract contractions, which helps to rid the body of gas (Loolia et al., 2017). The antispasmodic property of peppermint makes it a good herb for reducing diarrhea and gas caused by intestinal spasms. Peppermint's antimicrobial property can help to relieve inflammation from indigestion, which helps prevent bacteria from spreading within the body. The herb may also be useful for treating urinary tract infections because it will contract muscles in the area.

<http://ojs.aas.bf.uni-lj.si/index.php/AAS/article/view/654>

<https://m.tfh158.com/microbiology/peppermint-and-its-functionality-a-review.pdf>

Sage

Sage is a perennial bush that's native to Mediterranean regions. The herb has been used for centuries to treat many different ailments. It's commonly used in cooking and medicine due to its antibacterial and antioxidant properties, as well as its ability to promote healthy skin. Sage has been shown to improve symptoms of acid reflux because it has antispasmodic properties. Controlling spasms in the gastrointestinal tract can help reduce acid reflux symptoms by stopping bacteria from spreading within the body. It's also believed that sage oil can help relieve dermatitis and eczema by reducing inflammation and relieving the itching caused by these ailments. It Reduces blood sugar levels to help with diabetes. Sages prevent the build up of sebum in the skin, which makes it a good treatment for acne. It can also help to reduce stress by promoting calmness in people who suffer from depression, stress or insomnia. Protect against certain cancers.

Thyme

Thyme grows as a small shrub or bush and is native to the Mediterranean region. The herb has been used for centuries to treat various diseases. Thyme may be effective for protecting against certain cancers because it contains thymol, which is a naturally occurring antibiotic with anti-fungal properties. It's commonly used as a natural remedy for headaches because it can help to relieve tension caused by migraines and cluster headaches by relaxing the muscles in the head and neck area. Thyme may also be useful for treating anxiety, depression or insomnia. The herb contains thymol, which is believed to relax the central nervous system, which can help relieve symptoms of depression and anxiety. Thyme oil can be taken orally in small doses, or inhaled as a vapour into the lungs. It's used for treating colds and flu because it helps to relieve symptoms such as fever, congestion and fatigue. It's also believed that thyme can help to prevent certain cancers including pancreatic, prostate and breast cancer. It helps in boosting the mood by increasing the level of serotonin in the brain and by alleviating anxiety and preventing bacterial infections. Promotes healthy hair and skin.

Valerian

Valerian is a perennial plant that's known for its medicinal properties. The herb is native to Europe and Asia, where it was used as a natural remedy by ancient civilizations such as the Greeks and Romans. Valerian has been used as a natural treatment for insomnia, anxiety, panic attacks, muscle spasms, irritable bowel syndrome (IBS) and other gastrointestinal disorders. The herb contains valeric acid, which helps to relax muscles in the body. This makes valerian an effective remedy for treating conditions such as colitis, IBS, irritable bowel syndrome, spasms in the gastrointestinal tract and muscle spasms. It increases gamma-aminobutyric acid in the brain, which may help to reduce symptoms of stress, anxiety or insomnia by calming the body and mind. Valerian also relieves muscle spasms in the gastrointestinal tract, which helps to relieve symptoms of IBS such as cramping, bloating, pain and diarrhea. The herb has a sedative effect on the body, which may help to relieve anxiety and stress. Because it has sedative effects, it can be helpful for treating insomnia. Valerian may also be useful for treating muscle spasms in the gastrointestinal tract, which can help to reduce symptoms of irritable bowel syndrome.

Turmeric

Turmeric is a spice that's native to South Asia. The herb has been used for centuries to treat a variety of ailments. The herb contains curcumin, which is a natural bioactive compound that can be found in many other plants and foods as well. It is commonly used as an ingredient in herbal teas and supplements. Curcumin has been shown to have numerous health benefits. Curcumin may help to improve blood sugar levels because it prevents the body from absorbing sugar, particularly starches that are low in fibre. The herb may also be useful for treating skin conditions such as acne and psoriasis because it contains antioxidants that can help to prevent damage to the skin. Curcumin may help to reduce inflammation in the body, which is useful for relieving conditions such as arthritis and muscle spasms. It has been shown to relieve pain caused by osteoarthritis, fibromyalgia and rheumatoid arthritis. It's used for alleviating symptoms of gout, a condition caused by an excess amount of uric acid in the blood. Turmeric also has anti-fungal properties, which make it a useful treatment for fungal infections such as tinea and candida. The herb may also be beneficial for treating liver problems, including cirrhosis and fatty liver disease. Turmeric contains curcumin, which can help to prevent the buildup of fat in the liver by preventing liver cells from releasing too much glucose into the blood (Singletary, 2020). Curcumin is a natural antioxidant that can help to prevent free radicals from causing damage to cells throughout the body. It may be effective for reducing symptoms of anxiety or depression because it has antidepressant properties, which are believed to promote calmness in people who suffer from mood disorders. Turmeric extracts can be applied to the skin to treat acne and psoriasis because it has anti-inflammatory effects on the skin.

https://journals.lww.com/nutritiontodayonline/fulltext/2020/01000/turmeric_potential_health

Wheatgrass

Wheatgrass is a biennial grass that's native to North America. The herb is commonly used for treating indigestion, intestinal gas and stomach upset because it contains mucilage, which is a sugar that's naturally found in many medicinal herbs. Wheatgrass may help to

relieve indigestion by stimulating the production of digestive enzymes in the gut. It also contains chlorophyll, which creates a laxative effect, which makes wheatgrass an effective treatment for diarrhea. Wheatgrass also helps to soothe irritation in the stomach and intestines by creating a coating that protects the lining of the digestive system. The grass may also be effective for reducing inflammation in the body and calming inflammation caused by irritable bowel syndrome.

Wheatgrass contains vitamins, minerals and amino acids that may help to improve overall health. It's rich in vitamin A, which is crucial for maintaining healthy vision because it supports the structure of cells found in the eyes. The herb contains vitamin C, which can help to prevent scurvy by preventing collagen formation in blood vessels, bones and other connective tissues. Wheatgrass may boost metabolism, protect against kidney stones and fight fatigue because it's rich in iron. The grass contains vitamin E, which can help to prevent heart disease because it protects blood vessels in the circulatory system. The herb may also contain several minerals, including calcium and potassium. Wheatgrass is rich in chlorophyll, which is a natural antioxidant that can aid in treating skin conditions such as acne and eczema. This makes wheatgrass an effective treatment for treating rashes on the skin caused by eczema. The grass also contains high concentrations of minerals, including iron, which is necessary for the formation of red blood cells, bone marrow and DNA.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/1750-3841.14224>

Wild Yam (Sambucus)

The herb is known as yam among the Aztecs, who used it as a natural remedy for many ailments. It has been used to treat a number of health conditions, including asthma and cancer. The herb contains phytoestrogens, which are natural estrogens that have anti-estrogenic effects. The herb helps to balance hormones and reduce the risk of cancer because it lowers blood levels of estrogen and testosterone. Wild yam is also used in traditional Chinese medicine for treating symptoms of menopause. The root is most commonly used as an herbal remedy for treating respiratory disorders such as bronchitis, asthma and emphysema because it promotes the movement of mucus through the lungs by thinning secretions. It also helps to reduce symptoms of respiratory infection because it dilates the airways in the lungs, which reduces inflammation. Wild yam contains the hormone progesterone and can help to reduce anxiety and nervousness by stabilizing mood. It contains sterols, which are useful for treating asthma and chronic obstructive pulmonary disease (COPD) because they can help to open airways in the lungs, which allows air to flow more freely. The herb also contains estrogenic properties, which are beneficial for treating symptoms of menopause. Wild yam contains phytoestrogens, which have been shown to inhibit the growth of certain types of cancer in animals. The herb has been found to be useful for preventing tumour development by inhibiting tumour cell growth in the uterus. Some studies indicate that wild yam may help to treat cancerous tumours. The herb contains an alkaloid called diosgenin, which is used in the manufacture of the hormone progesterone. It has been shown to interfere with the development of certain types of cancer, including breast cancer and cervical cancer (Parit et al., 2018). Wild yam has also been used for treating symptoms of menopause caused by hormone imbalances. It's also used for treating rheumatoid arthritis, a disease that causes inflammation in joints and other areas throughout the body. Wild yam contains several minerals, including calcium, magnesium, phosphorus and zinc.

Manzanilla

The herb is known as manzanilla in Spanish, which means "little apple." It's commonly used in TCM for treating arthritis and rheumatism because it contains bioflavonoids, which maintain healthy joint function. The herb has also been found to help to remove calcium deposits from the joints by helping to restore proper joint movement. The herb contains flavonoids, which have antioxidant properties that may help to prevent free-radical damage that can cause cancer and heart disease. Manzanilla is also used as a diaphoretic, which helps relieve inflammation by inducing sweating in the body. Some studies have shown that the herb may be useful for treating symptoms of chronic fatigue syndrome (CFS) because it may decrease fatigue and improve energy levels in people who suffer from this condition. The herb also contains several minerals, including calcium, magnesium, phosphorus and iron.

Manzanilla contains bioflavonoids, which are believed to exert a variety of health-promoting effects on the body when taken internally. The herb has been found to suppress breast tumour growth by inhibiting estrogen activity in the body. The herb is also used as a treatment option for people who suffer from heart disease because it contains antioxidants and minerals such as calcium, phosphorus and iron. This makes it beneficial for treating high cholesterol levels. Manzanilla is also known to help with allergies because it has antihistamine properties. The herb is effective against nose allergies because it helps to reduce watery nasal discharge and mucus build up in the body, which clears congestion in the respiratory system (Sánchez-Rodríguez, 2020). The herb may also be helpful for relieving symptoms of allergic asthma because its antihistamine properties help to block histamines, which are responsible for triggering asthma attacks. The herb may help to relieve allergy-related asthma attacks because it blocks histamines.

<https://www.hindawi.com/journals/jfq/2020/6348194/>

Yarrow (*Achillea*)

The herb has been used for centuries for a variety of health conditions, including infections and fever. The herb is known as milfoil or nosebleed plant because it's commonly used to treat nosebleeds due to its haemostatic properties. The herb is also used to treat stomach ulcers, which may be caused by *Helicobacter pylori* bacteria, because it's said to help heal the lining of the stomach. The herb is commonly used in Western herbal medicine for treating colds, flu and allergies because it has anti-inflammatory properties that can reduce these symptoms. The herb also has analgesic properties that help to relieve headaches and other aches and pains. The herb's antiseptic properties make it helpful for treating wounds and bacterial infections. The herb is commonly used in traditional Chinese medicine for treating disorders related to the heart. Yarrow contains considerable amounts of the active ingredient, yarrowin, which has mild estrogenic effects on the body. The estrogenic properties of yarrowin may help to reduce symptoms of menopause caused by hormone imbalances. It's also used as a mild sedative, which may help with nervousness associated with stress and anxiety. Detoxification: The herb contains tansy oil, which has been found to prevent Liver damage caused by alcohol consumption. The herb's astringent and antiseptic properties make it effective for treating wounds, cuts and infections. The herb has antibacterial, anti-inflammatory and anti-fungal properties. Yarrow also contains diosgenin, which is believed to help prevent tumour development in the uterus. Some studies show that the herb may be useful for treating certain types of cancer because it can interfere with estrogen activity in the body (Strzępek-Gomółka et al., 2021). Other studies have shown that yarrow may help to inhibit tumour growth. The herb has been found to help improve circulation because it contains mild astringent and anticoagulant properties. The herb is also commonly used for treating fevers and colds because it's believed to be an effective expectorant that can reduce symptoms of these disorders.

<https://www.hindawi.com/journals/omcl/2021/6643827/>

Wild Yam

Wild yam has been used for centuries in Native American medicine to treat a variety of health conditions, including rheumatism and parasites. The herb is known as tung oil in Chinese medicine to refer to its therapeutic properties. It was traditionally used for treating pain associated with rheumatic diseases. Many studies have shown that wild yam may be effective for treating chronic fatigue syndrome (CFS) because it contains natural sedating substances that help relieve symptoms of this condition (Estiasih, et al., 2022). It's also commonly used for treating fever caused by infections or lung conditions because the herb has been found to contain analgesic properties that help relieve symptoms of these disorders. The herb contains natural sedating substances that make it useful as a treatment option for insomnia. Wild yam contains several minerals, including calcium, magnesium and phosphorus as well as beta-sitosterol, which has been found to be effective at lowering cholesterol levels. The herb also has antioxidant properties (Padhan & Panda, 2020). Wild Yam is one of the most botanically diverse foods on earth due to the abundance of medicinal herbs in its seeds, roots and leaves. It contains a number of substances that support cell membrane fluidity and integrity and also help to protect against free radical damage.

<https://www.frontiersin.org/articles/10.3389/fphar.2020.00496/full>

<https://iopscience.iop.org/article/10.1088/1755-1315/515/1/012055/meta>

Uva Ursi Herb

The Uva Ursi herb is known by such other names as Bearberry, Wintergreen and Kinnikinnick. This herb has traditionally provided us with not only its leaves but also its berries. Uva Ursi is a blood purifier it's used to treat bladder and kidney infections and can help cleanse the liver (Afshar, 2018). It's also great for the digestive system. It can reduce inflammation of the colon and reduces bad bacteria in the intestines. Detoxification may be improved as Uva Ursi helps support and reinforce the immune system. The Uva Ursi herb is believed to be anti-viral and has been used to treat Hepatitis B. It's also believed to be anti-fungal, which makes it useful for treating athlete's foot and ringworm. Uva Ursi may also help relieve the pain of gout (Gágyor et al., 2021). The herb is very high in tannins, which are known for their anti-inflammatory actions. The berries can be used to make a tea. A commercial extract made from the herb has also been developed.

<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-018-2266-x>

<https://www.sciencedirect.com/science/article/pii/S1198743X21002809>

Grapefruit Seed Extract

The Grapefruit seed extract is actually a little different from most of the other greens that we've listed here, in that it's not really a herb but a "green" that's extracted from the grapefruit seed and peel. The natural news article states: "According to one study, grapefruit seed extract might help reduce edema by inhibiting the factors that cause edema, as well as by normalizing leukocyte migration in capillaries (Go et al., 2020). Potential role of xylitol plus grapefruit seed extract nasal spray solution in COVID-19: case series. *Cureus*, 12(11). Grapefruit seed extract has also been proven to be effective in treating candidiasis, including its complications. It seems that grapefruit seed extract may also provide significant protection against endotoxins and other gram-negative bacteria. It's been shown to have powerful antioxidant activity, it can help treat colitis by inhibiting overactive intestinal secretion and reducing intestinal permeability. studies show that grapefruit seed extract may even help prevent gastrointestinal cancer. This is because it contains high amounts of limonene, which is a potent free radical scavenger. It has also been shown to have anti-inflammatory properties that may even help people with Crohn's and colitis (Kim & Oh, 2021). Detoxification may also be improved as grapefruit seed extract lowers cholesterol levels and reduces uric acid levels. Studies show that grapefruit seed extracts may be effective in slowing or eliminating infections, including *Candida albicans*, herpes simplex virus, cytomegalovirus and enterovirus. The extract also seems to help promote a healthy immune system by protecting against oxidative damage.

<https://link.springer.com/article/10.1007/s11947-021-02610-5>

<https://www.cureus.com/articles/43909-potential-role-of-xylitol-plus-g>

To sum up, greens are among the healthiest foods to consume due to their high nutrient content. Greens are also a good source of vitamins, minerals and antioxidants. They're high in omega-3 fatty acids, which can improve immune system function. In recent times, more and more people have been incorporating greens into their diet as a way of improving overall health and well-being.

References

1. Afshar K., et al. "Reducing antibiotic use for uncomplicated urinary tract infection in general practice by treatment with uva-ursi (REGATTA)—a double-blind, randomized, controlled comparative effectiveness trial". *BMC complementary and alternative medicine* 18.1 (2018): 203.
2. Dar MA., et al. "Extensive phytochemistry, comprehensive traditional uses, and critical pharmacological profile of the great mullein: *Verbascum thapsus* L". *The Natural Products Journal* 9.3 (2019): 158-171.
3. Ebrahim AA., et al. "Nutritional significance of aloe vera (*Aloe barbadensis* Miller) and its beneficial impact on poultry". *World's*

- Poultry Science Journal 76.4 (2020): 803-814.
4. Estiasih T, Kuliahsari DE and Widayanti VT. "Increasing health benefit of wild yam (*Dioscorea hispida*) tuber by red mold (Angkak) Fermentation". In IOP Conference Series: Earth and Environmental Science, IOP Publishing 515.1 (2020): 012055.
 5. Gágyor Ildikó, et al. "Herbal treatment with uva ursi extract versus fosfomycin in women with uncomplicated urinary tract infection in primary care: a randomized controlled trial". *Clinical Microbiology and Infection* 27.10 (2021): 1441-1447.
 6. Ghazizadeh J., et al. "Historical Course of Neuropsychiatric Effects of Lemon Balm (*Melissa officinalis* L.) as a Medicinal Herb". *Pharmaceutical Sciences* (2021).
 7. Go CC., et al. "Potential role of xylitol plus grapefruit seed extract nasal spray solution in COVID-19: case series". *Cureus* 12.11 (2020).
 8. Gumbo JR and Nesamvuni CN. A Review: Spirulina a source of bioactive compounds and nutrition (2017).
 9. Hannan M., et al. "Black cumin (*Nigella sativa* L.): A comprehensive review on phytochemistry, health benefits, molecular pharmacology, and safety". *Nutrients* 13.6 (2021): 1784.
 10. Khanal M., et al. "Extract of Aloe vera (*Aloe barbadensis* Miller) Enhances the Growth, Protein Contents, and Gastrointestinal Index (GaSI) of Common Carp *Cyprinus carpio*". *Journal of Nutrition and Metabolism* (2021).
 11. Kim T, Kim JH and Oh SW. "Grapefruit seed extract as a natural food antimicrobial: A review". *Food and Bioprocess Technology* 14.4 (2021): 626-633.
 12. Loolae M., et al. "Peppermint and its functionality: A review". *Arch Clin Microbiol* 8.4 (2017): 54.
 13. Mphahlele MM., et al. "Expected benefits of genomic selection for growth and wood quality traits in *Eucalyptus grandis*". *Tree Genetics & Genomes* 16.4 (2020): 1-12.
 14. Nadeem A., et al. "Verbascum Thapsus (Mullein) Versatile Polarity Extracts: GC-MS Analysis, Phytochemical Profiling, Anti-bacterial Potential and Anti-oxidant Activity". *Pharmacognosy Journal* 13.6 (2021).
 15. Nazerieh H, Ardebili ZO and Iranbakhsh A. "Potential benefits and toxicity of nanoselenium and nitric oxide in peppermint". *Acta Agriculturae Slovenica* 111.2 (2018): 357-368.
 16. Parit SB., et al. "Nutritional quality and antioxidant activity of wheatgrass (*Triticum aestivum*) un-wrap by proteome profiling and DPPH and FRAP assays". *Journal of food science* 83.8 (2018): 2127-2139.
 17. Ribeiro AT, et al. "24-Epibrassinolide mitigates nickel toxicity in young *Eucalyptus urophylla* ST Blake plants: nutritional, physiological, biochemical, anatomical and morphological responses". *Annals of Forest Science* 77.1 (2020): 1-19.
 18. Ryu JH and Kang D. "Physicochemical properties, biological activity, health benefits, and general limitations of aged black garlic: A review". *Molecules* 22.6 (2017): 919.
 19. Samuelson R., et al. "The effects of lavender essential oil on wound healing: A review of the current evidence". *The Journal of Alternative and Complementary Medicine* 26.8 (2020): 680-690.
 20. Sánchez-Rodríguez L., et al. "Impact of gastrointestinal in vitro digestion and deficit irrigation on antioxidant activity and phenolic content bioaccessibility of "Manzanilla" table olives". *Journal of Food Quality* (2020).
 21. Sharma L, Chandra M and Ajmera P. "Health benefits of lavender (*Lavandula angustifolia*)". *Int. J. Physiol. Nutr. Phys. Educ* 4.1 (2019): 1274-1277.
 22. Singletary K. "Turmeric: potential health benefits". *Nutrition Today* 55.1 (2020): 45-56.
 23. Soni RA, Sudhakar K and Rana RS. "Spirulina—From growth to nutritional product: A review". *Trends in food science & technology* 69 (2017): 157-171.
 24. Świąder K, Startek K and Wijaya CH. "The therapeutic properties of Lemon balm (*Melissa officinalis* L.): Reviewing novel findings and medical indications". *J. Appl. Bot. Food Qual* 92 (2019): 327-335.
 25. Padhan B and Panda D. "Potential of neglected and underutilized yams (*Dioscorea* spp.) for improving nutritional security and health benefits". *Frontiers in pharmacology* 11 (2020): 496.
 26. Zawistowski J., et al. "Garlic grown from air bulbils and its potential health benefits". *Advances in plant phenolics: from chemistry to human health* (2018): 315-328.