



By Sadie @allnaturalme

Buy Thyme seeds: <http://allnaturalme.seedsnow.com/products/thyme>

### **My favorite things about Thyme:**

- kills viruses & bacteria
- helps to remove fungal infections
- eliminated through the lungs & kidneys
- powerful medicine for everyone

### **Ideas on ways to use Thyme:**

- make a tea for internal healing
- do an inhalation steam for the lungs
- use a strong tea as a skin wash for cuts
- eat fresh in a salad or add to soups
- infuse into honey or vodka to help with coughing