

Thyme

Thymus vulgaris



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Thyme's essential oil, usually called oil of thyme, contains between 20-60% thymol. People have used thyme oil as both an antiseptic and an insect repellent. Thymol is a common meat preservative, and olive farmers often combine thymol into the oil that preserves olives in the Mediterranean.



The ancient Egyptians used thyme as an embalming fluid. In ancient Greece, they used thyme as an incense in temples and added it to bathwater.

The Romans used thyme to flavor cheese and alcoholic beverages. When they conquered the land, the Roman army introduced thyme to the British Isles.

Hippocrates, who lived around 460 BCE to 370 BCE and is "the father of Western medicine," recommended thyme for respiratory diseases and conditions. People grew thyme in gardens and gathered it in the countryside.

Scientific research does not support this use for respiratory illnesses but has shown that thyme has a range of medicinal properties that modern people can benefit from.



Thyme is a culinary herb consisting of the dried aerial parts of some members of the genus *Thymus* of flowering plants in the mint family Lamiaceae. Thymes are native to Eurasia and north Africa. Thymes have culinary, medicinal, and ornamental uses. The species most commonly cultivated and used for culinary purposes is *Thymus vulgaris*, native to Southeast Europe.



Manufacturers extract thyme oil for various uses, including scenting soaps and as an ingredient in deodorant.

Thyme depicts a wide plethora of nutritional and therapeutic benefits and provides powerful recommendations for future research directions.

Acne
 Lowers BP
 Cough
 Immunity
 Disinfecting
 Repels Pests
 Yeast Infections
 Cancer
 Sore Throat
 Mucus
 Cholesterol
 Flu
 Rich in Nutrients
 Improves Circulation
 Heart Health
 Anemia
 Digestion
 Stress
 Strokes
 Heart Attacks
 Iron
 Antioxidant
 Weight Loss
 Bone Health
 Eases Menstrual Cramps
 Promotes Vit C Development
 Strep
 Depression
 Cognitive Function
 Calms Nervous System
 Prevents Food Poisoning
 Skin
 Thrush
 Prevents Food Spoilage
 Food-borne Bacteria



Thyme is a perennial evergreen herb that belongs to the mint family, Lamiaceae. It originates from the Mediterranean region and has been used since ancient times for culinary, aromatic, and medicinal purposes.

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The Anti' s:

Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antiseptic
 Antipyretic
 Antibacterial
 Antifungal
 Anti-aging
 Antimicrobial
 Anti-Diarrheal
 Antiviral

It' s a low-growing plant, often forming dense mats or small bushes. The small, gray-green leaves are highly fragrant, and the plant blooms with tiny pink or purple flowers that are also edible. Both fresh and dried thyme are used in cooking, but it' s also found in essential oils, teas, and medicinal tinctures.

Thyme has been used in various traditional medicine systems for centuries. Here are some of its medicinal applications:

- **Cough Syrups and Lozenges:** Often used in combination with other herbs to relieve throat irritation.
- **Herbal Teas:** Used for treating indigestion, bloating, and cold symptoms.
- **Essential Oil Aromatherapy:** Used to relieve mental fatigue, anxiety, and respiratory issues.
- **Topical Ointments:** Infused in salves or creams to treat skin infections and wounds.
- **Dental Care Products:** Incorporated in mouthwashes and toothpaste for its antibacterial effects.
- **Anti-fungal Treatments:** Thyme oil is applied externally to treat fungal infections like athlete' s foot.

Caution

Generally Safe GRAS

The most common side effects are allergic reactions, diarrhea, dizziness, headache, heartburn, nausea, and vomiting if taking an absorbent amounts.

If you have a known allergy to the Lamiaceae (mint) family of plants, then it' s best to avoid thyme because it' s a part of this family.