



In an ideal world, we would get all the nutrients and medication we needed from the food we ate. Unfortunately, eating healthily in our modern life is a great challenge but the solution is in your spice rack and backyard garden. You will enjoy the fascinating journey of the mysteries world of culinary herbs and spices which not only enhance the color and flavor of your daily cuisine but also help you feel much better and give you the much-needed fire in a slothful and sluggish soul to refresh it inside out via their endless medicinal properties. We discussed all aspects of their uses, side effects, interactions, and warnings. It also important to prevent the global crisis of COVID-19 and other respiratory infections using food and herbs. A sedentary lifestyle is dangerous for your health, Gardening is one of the hobbies you can enjoy your entire life despite suffering from arthritis, back pain, aging, having physical or mental disability as there are many ways you can reduce your physical challenges. You won't even realize it's a work-out decreasing obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, and some cancers and promoting longer and healthier lives. You could spice up your life and garden as this book offers easy and practical tips for enjoying your enabled and sensory garden that embarrass everyone.

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HERBAL AND HORTICULTURAL REMEDIES:

DR. HANEM KHATER



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# HERBAL AND HORTICULTURAL REMEDIES:

GARDENING FOR THE ELDERLY AND PHYSICALLY  
AND MENTALLY DISABLED

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