

Try starting an indoor herb garden

Moving dirt, bending down to dig, weed or plant, or even watering can all present a risk of injury for seniors in the physically taxing avocation of outdoor gardening.

The remedy: The indoor herb gardening.

IT'S GOOD FOR YOU

Indoor gardeners can reap all the health benefits of gardening indoors, including stress reduction and even lower blood pressure. Indoor gardens, botanists tell us, can improve the air quality of your home.

Plants can get rid of harmful chemicals and increase oxygen levels! It might be an indoor garden, but focusing on the cultivation of a small, dependent life form also provides a desperately needed ingredient for older adult living — a purpose.



EMBRACE THE HERB

It's hard to put a value on herbs, but common and essential uses include aromatherapy, medicinal, and as delicious flavorings in foods. Oh, and for the beverage that might include a health-giving alcoholic spirit. Some herbs even deliver cancer-fighting antioxidants and nutrients. Check with your doctor first to make sure your herbs don't interfere with any medications.

ESSENTIAL HERBS

Consider these essential herbs for your garden. Oh, holy basil. This magician can help fight bronchitis, earaches, and the flu. Give it plenty of water and full sun. Mint is a blessing to the gastrointestinal tract.

Italians like to say that two drops of wine are as good as an apple a day for keeping the doctor away. So, too, is oregano, rich in antioxidants as well as iron, manganese and Omega-3s. And it smells good. Pungent rosemary has antibacterial properties, and thyme has been shown to relieve respiratory infections and bacterial resistance to drugs.