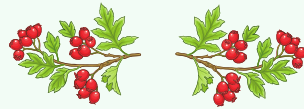




# Medicinal Benefits of Hawthorn



You might've encountered this herb in supplements, teas, or essential oils. This is great for supporting our hearts so we can love more and live longer. ❤️

We call this herb hawthorn. Hawthorn is a thorny tree-shrub hybrid that stands up to 25 feet tall. Its unique oval-shaped leaves turn from green to reddish in autumn.

In spring, it flaunts clusters of small white or pink flowers, which give way to tiny red berries, known as "haws," by fall.

It's primarily known for its potential cardiovascular benefits, but here are some other medicinal benefits associated with it:

**Heart Boost:** Think of hawthorn as a personal trainer for your heart. It helps the heart pump more blood, makes blood vessels wider, and lets nerve signals pass through faster.

**Body's Shield:** Hawthorn is like a bodyguard for your cells. It contains antioxidants that fight off known as free radicals.

**Fat Fighter:** Hawthorn may also help decrease the bad fats in your blood, like the LDL cholesterol.

**Tummy Helper:** Ever had a stomachache? In old times, people drank hawthorn berry tea to soothe belly troubles.

