

# Forum:[Hack Forums](#)

Thread: [Herbs With Hidden Health Benefits You Actually Notice in Daily Cooking](#)

**The Pact** - December 23, 2025, 6:53 pm

Herbs With Hidden Health Benefits You Actually Notice in Daily Cooking  
Not supplements — culinary herbs.

- rosemary for focus?
- ginger for digestion?
- turmeric for inflammation?
- parsley for iron?
- mint for nausea?

**The Joker** - December 23, 2025, 6:55 pm

Garlic for immunity..

You can't ignore garlic when you talk about health foods..

**The Pact** - December 23, 2025, 7:06 pm

(Dec 23, 2025 07:55 PM)The Joker Wrote: [\[CITE\]](#) Garlic for immunity..

You can't ignore garlic when you talk about health foods..

Oh yeah! I found that if one of my kids or my husband got sick and I took this garlic tablet each day from this specific company right away I wouldn't catch the cold. And if I didn't take it I would! But it's not that easy to find the brand and I don't think other brands worked.

**The Joker** - December 24, 2025, 1:12 am

(Dec 23, 2025 08:06 PM)The Pact Wrote: [\[CITE\]](#) Oh yeah! I found that if one of my kids or my husband got sick and I took this garlic tablet each day from this specific company right away I wouldn't catch the cold. And if I didn't take it I would! But it's not that easy to find the brand and I don't think other brands worked.

What brand is that.? I would like to give it a try.

**The Pact** - December 24, 2025, 7:01 am

(Dec 24, 2025 02:12 AM)The Joker Wrote: [\[CITE\]](#) What brand is that.? I would like to give it a try.

"Kyolic is made from organically grown garlic naturally aged for up to 20 months to create stable, water-soluble, and odorless sulfur compounds with enhanced antioxidant power, supporting immune and cardiovascular health, including maintaining healthy cholesterol and blood pressure in healthy individuals. It's known for being gentle, without the typical garlic odor, and is a well-researched supplement for overall well-being."

I have no affiliation. Just making sure my post meets the byte minimum now.

**The Joker** - December 24, 2025, 7:39 am

Wow. The description seems good. Makes me want to try. But is it prescribed or can it be taken as a supplement without a doctor's advice?

**The Pact** - December 24, 2025, 5:51 pm

(Dec 24, 2025 08:39 AM)The Joker Wrote: [\[CITE\]](#) Wow. The description seems good. Makes me

want to try. But is it prescribed or can it be taken as a supplement without a doctor's advice?

You can buy it over the counter. But I legit used to find ---and it happened numerous times-- that if I quickly started taking two tablets of Kyolic Aged Garlic Extract every day starting the first day a family member had a cold then I WOULDN'T get the cold.

If I noticed a family member had a cold and I didn't go out and buy it immediately and start taking it immediately, but tried taking it after about three days of living with family member with a cold then I WOULD still get the cold.

If I tried to take another brand's cheaper garlic tablet on the first day that my family member had a cold then I'd still get the cold.

Apparently you can buy it on Amazon.

**The Joker** - December 25, 2025, 6:54 am

(Dec 24, 2025 06:51 PM)The Pact Wrote: [\[CITE\]](#) Apparently you can buy it on Amazon. Yeah. It's on Amazon!

So, the brand ones actually improve your immune system.

Have you tried taking higher doses of the cheaper ones? Like 2 or 3 pills at a time?

**Undead** - December 25, 2025, 8:45 am

Valerian can help with sleep, apparently. You can drink it as tea or take it in tablet form as well.

**Yakless** - December 25, 2025, 9:14 pm

Any herbs you recommend for nausea/stomach recovery other than ginger?

**The Pact** - December 26, 2025, 5:23 am

Peppermint tea or even inhaling peppermint oil can help reduce nausea.

Chamomile is gentle, soothing, and anti-spasmodic  
Great when your stomach is irritated from stress or after vomiting.

You can try Fennel which reduce gas/bloating

Lemon Balm is another one that is mild, calming, and good for stress-related stomach upset

Meadowsweet has a history of being used for nausea and vomiting, especially when the cause is acid irritation.

(Just general herbal info — not medical advice.)

**JoseMar** - January 19, 2026, 2:07 pm

(Dec 23, 2025 07:53 PM)The Pact Wrote: [\[CITE\]](#) Herbs With Hidden Health Benefits You Actually Notice in Daily Cooking  
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Cooked onions lose some of their vitamin C, but antioxidants like quercetin remain, so whether raw or lightly sauteed, they're very healthy.

They're good for the heart, the immune system (though not as strong as garlic, which has already been discussed), digestion, and blood sugar control.

I know this because my mom had blood sugar issues, and my aunt, who has written five big books just about plants, told her what to eat. I should mention, my aunt is 83 years old? and still has more vitality than many people in their 60s.