



DILL

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Dill is an herb and belongs to the celery family. Its leaves and seeds are used as a herb or spice for flavoring food. Dill has been used for culinary and medicinal purposes for hundreds of years. Apart from giving a strong, tangy, appetizing flavor and taste, it has many

medicinal properties, which mainly come from certain compounds called Monoterpenes, as well as flavonoids, minerals and certain amino acids.

Dill can be a perennial or annual herb, depending on where it is cultivated in the world. Fresh and dried dill leaves (sometimes called "dill weed" to distinguish it from dill seed) are widely used as herbs in Europe and central Asia.

Some of the health benefits are:

- Treats digestion problems including loss of appetite, intestinal gas (flatulence), liver problems, and gallbladder complaints.
- Treatment for urinary tract disorders including kidney disease and painful or difficult urination.
- Treatment of fever and colds, cough, bronchitis, hemorrhoids, infections, spasms, nerve pain, genital ulcers, menstrual cramps, and sleep disorders.
- Anti-inflammation and Anti-bacterial

In foods, dill is used as a culinary spice. In manufacturing, dill oil is used as a fragrance.

Important Note:

Dill can sometimes cause skin irritation. Fresh dill juice can also cause the skin to become extra sensitive to the sun. This might put you at greater risk for sunburns and skin cancer. Avoid sunlight, wear sunblock and protective clothing.