



SPLASH! Holiday-Splash! "Nutmeg! Discover More About This Special Spice with Surprisingly Medicinal Properties; Savory & Sweet!"

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SPLASH!

Welcome to the World of Holiday-Splash!

Nutmeg! Discover More about this Unique Spice & It's Special & Surprising Health Benefits!

Nutmeg is Not Just a Sweet & Savory Spice; It's loaded with medicinal properties!

Nutmeg, indigenous to the Banda Islands, Spice Islands, in Indonesia, grown, also, in the Caribbean & Granada, as noted.

From the Nutmeg tree; NUTMEG comes from the seed; Roughly egg-shaped, weighing ` 3 to `10 Grams.

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Shelf Life!

Ground Nutmeg maintains its potency for ` 2 to 3 years; Whole nut from 3 to 4 years.

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Nutmeg is, commonly, served as a "grated or powdered" Holiday spice for its unique flavor!

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But, you may want to check out Nutmeg, for what it can do for you & your health!

Medicinal Properties!

"Nutmeg is loaded with medicinal properties."

Documented:

- Improves brain function
- Lowers blood pressure
- Soothes the stomach
- Helps to eliminate fatigue
- anti-bacterial properties
- indigestion relief
- Reports of feelings of euphoria.
- De-detoxification of the Kidney & Liver
- Promotes a healthy complexion.

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Recipes!

Traditionally NUTMEG is used in Mulled wine, Mulled cider & Eggnog, along with many Middle Eastern dishes & other creations!

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Let's explore this unique special spice this Holiday Season!

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Nutmeg is readily available at your grocer & & at your local health food store!

Discover Nutmeg!

Go get 'em!

Holly Fairfield