PLANTS & HERBS

Bay Leaf's Wonderful Healing Properties: Betters the Digestion, Relieves Wounds, and Decreases Blood Sugar

By bestfolkmedicine · 24/10/2021 · 2 min read



Bay leaf is a go-to for soups and sauces. But, most of us remove it before eating the dish. Why do we do it if we know they're edible and oh so nutritious?!

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Present for centuries, bay leaf has been used for its medicinal properties, not just flavor. It actually has to offer pretty amazing health benefits.

Some of them are reducing free radicals, relieving gas and bloating, and helping with skin infections.

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It grows on evergreen plants from the Lauraceae family. These aromatic leaves can be found fresh, dried, or in powder form. The most common variety is the Turkish one that's native to the Mediterranean.

Bay leaves are fragrant and have a floral and herbal aroma, but are a bit bitter. Below, check out some of the best reasons to add it to your diet starting today!

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Five Awesome Health-Related Reasons to Consume Bay Leaves

- **Acts as an antioxidant and antimicrobial**

Bay leaf and bay leaf essential oil have anti-inflammatory, antioxidant, and antimicrobial properties thanks to the antioxidants and other compounds found in these leaves.

There are more than 80, including eucalyptus, polyphenols, sabinene, linalool, etc. In one study, the bay leaf was found beneficial for protection from dangerous bacteria like *E. coli* and *Salmonella*.

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- **May lower the risk of candida and help speed up wound healing**

Bay leaf possesses anti-fungal properties and in one study, bay leaf essential oil prevented Candida. It didn't allow the fungus to attach to the cell walls and this lowered its capacity to enter the membrane.

This makes bay leaves a great addition to a candida diet. What's more, it can be of aid to speed up wound healing.

- **Beneficial for diabetics**

Bay leaf is helpful in reducing low blood sugar levels. According to one research, taking it two times per day helped reduce blood sugar levels and bad cholesterol in the participants who continued taking their doctor-prescribed medications.

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Bay leaf also helped boost the levels of good cholesterol. Bay leaves can also better the functioning of insulin that is pivotal for the management of diabetes type 2.

- **Betters the digestion**

Bay leaves may influence the gastrointestinal system positively by reducing gastric damage and encouraging urination.

This releases toxins and boosts the health of the kidneys. Bay leaves contain compounds with enzymes that soothe an upset stomach, reduce the risk of kidney stones, and relieve IBS symptoms like gas and bloating.

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What's more, bay leaves were found helpful with stomach ulcer symptoms. It's believed that it achieves this by bettering digestion and fighting against certain bacteria that can lead to ulcers like *H. pylori.*

How to Add Bay Leaf to Your Diet?

- ***Add it to tea to boost your digestion***
- ***Use it on the skin to relieve stings from insects***
- ***Use it as inhalation for relief from coughing, a cold, bronchitis, and chest infections***
- ***Massage bay leaf oil to lower pain***
- ***It can help reduce fever***
- ***Awesome for homemade room fresheners and fragrances***

Sources:

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