



# ***SPICE ACTIONS***

---

***WHY THEY WORK FOR YOU***



Copyright © 2019 Toni Camacho

As spices bring mouthwatering satisfaction and a delightful array of aroma and textures to your meal, it also has multiple benefits and ways of working in your body to promote health. The various chemical constituents of spices can be described by their physiological action on the human body. Though there are more than a hundred terms used to describe these chemicals and their actions, it is a good idea to become familiar with the most common. That is why I'm listing below a few key actions that can be applied to various spices

Each one of the following terms characterizes both the **medicinal action and the chemical constituents** of the herb. Some may focus on a specific need, such as pain relief. Other spice's actions may enhance your entire body.

Once you become familiar with these terms, they will serve as keywords for you. Whether you chose to memorize them or not is up to you, but I would strongly suggest it. The brief description outlined here will give you an idea of the healing power of spices.

## Spice Actions

| ACTIONS                  | DEFINITION   | HERBS   |
|--------------------------|--|---|
| <b>ADAPTOGEN</b>         | Enhances the body's ability to deal with stress, strengthen the immune system, and build the endocrine system.   | Holy Basil  |
| <b>ALTERATIVE</b>        | Cleanses the blood; that is, aids in eliminating waste and supports organs of elimination and systems such as kidneys, lymphatic, liver, digestive tract, and skin.  | Cilantro  |
|                          | These are agents that gradually and favorably alter the condition of the blood. They aid the body in assimilating nutrients and eliminating metabolic waste products. Aids in protein assimilation. Generally, extremely high in minerals and some vitamins. |   |
| <b>ANALGESIC</b>         | Relieves pain. Used both internally and externally depending on the herb. May also be antispasmodics, relieving pain by reducing cramping in muscles. Most effect the nerves directly by reducing pain signals to the brain.                                 | Chili (cayenne), clove, coriander (cilantro), ginger, paprika, star anise, turmeric   |
| <b>ANTI-ALLERGENIC</b>   | It helps the body deal with allergens, such as ragweed, and lessen symptoms  | Garlic, turmeric, rosemary, parsley,  |
| <b>ANTI-ANXIETY</b>      | Calms anxiety  | Cacao, nutmeg, saffron, turmeric  |
| <b>ANTIBACTERIAL</b>     | Fights bacteria  | Allspice, anise, black pepper, caraway, cardamom, cinnamon, fennel, garlic, Horseradish, sage, thyme, turmeric, vanilla   |
| <b>ANTICATARRHALS</b>    | Spices that help eliminate and prevent excessive catarrhal (mucus) buildup in the system.  | Cayenne, Ginger, Sage, Garlic   |
| <b>ANTIDIARRHEAL</b>     | Stops diarrhea   | cardamom, garlic, sage  |
| <b>ANTIDEPRESSANT</b>    | Helps fight depression   | Cacao, nutmeg, rosemary, saffron, vanilla   |
| <b>ANTIFUNGAL</b>        | Fights fungus  | Allspice, cardamom, cinnamon, garlic, sage, rosemary, turmeric, thyme   |
| <b>ANTI-INFLAMMATORY</b> | Reduces inflammation on tissues from arthritic pain to insect stings or poison ivy   | Allspice, anise, Bay leaf, black pepper, Cacao, cardamom, celery seed, chili (cayenne), cinnamon, clove, coriander (cilantro), cumin, fennel, fenugreek, ginger, mustard seed, nutmeg, oregano, paprika, rosemary, star anise, turmeric, thyme, vanilla |
| <b>ANTIMICROBIAL</b>     | Acts as antibacterial, antiviral, or antifungal  | Bay leaf, black pepper, clove, coriander (cilantro), ginger (only fresh), star anise Horseradish, nutmeg, oregano, sage, rosemary, salt, thyme  |
| <b>ANTINAUSEA</b>        | Relieves stomach upset   | ginger  |
| <b>ANTIOXIDANT</b>       | Prevent harmful molecules from oxidizing or breaking down cells and contributing to cancer and other diseases  | Allspice, Cacao, caraway, cardamom, celery seed, chili (cayenne), cinnamon, clove, coriander (cilantro), cumin, fennel, fenugreek, ginger, Horseradish, mustard seed, nutmeg, paprika, sage, rosemary, star anise, thyme, turmeric, vanilla             |
| <b>ANTIPARASITIC</b>     | Fights parasites. destroy or expel worms and parasites from the system   | garlic, oregano, thyme  |
| <b>ANTISEPTIC</b>        | Prevents the growth of organisms the cause disease   | clove, oregano, sage  |
| <b>ANTIVIRAL</b>         | Fight virus  | Cinnamon, garlic, thyme   |
| <b>ANTISPASMODIC</b>     | Calms muscle spasms and cramps, either for smooth muscles of the gastrointestinal system or for skeletal muscles   | Allspice, anise, clove, cumin, fennel, garlic, ginger, saffron, salt  |
| <b>ASTRINGENT</b>        | Binds and tightens tissues, such as the skin   | clove   |
| <b>BITTER</b>            | Stimulates gastric juices and liver function improves nutrient absorption  |   |

| ACTIONS                              | DEFINITION  | HERBS  |
|--------------------------------------|---|--|
| <b>CARMINATIVE</b>                   | Eases gas, bloating, and indigestion. Are rich in volatile oils, stimulate the peristalsis of the digestive system and relax the stomach. Their most known function is aiding the release of gas and griping on the bowels  | Allspice, anise, caraway, cardamom. Cayenne, cinnamon, clove, dill, fennel, garlic, ginger, peppermint, rosemary                 |
| <b>DEMULCENT</b>                     | Coats and soothes inflamed mucus membranes via mucilage. Rich in mucilage. Soothing and healing to irritated and inflamed tissue.<br>Important herbs in most formulas   | salt   |
| <b>DIAPHORETIC</b>                   | Causes sweating, usually to help relieve fever. . Induce sweating by stimulating the kidneys. Diaphoretics must be taken hot; when given cool or cold they influence the kidneys in a different method - they act as diuretics.   | garlic, Horseradish, mustard seed, ginger, peppermint  |
| <b>DIGESTIVE</b>                     | Aids in all parts of the digestive process; such as the bitter flavor   | Allspice, anise, Bay leaf, black pepper, caraway, cardamom, coriander (cilantro), cumin, fenugreek, mustard seed, oregano, thyme |
| <b>DIURETIC</b>                      | Helps rid of the body excess water. Herbs that increase the flow of urine. Used to treat water retention, cystitis, overweight, edema, and types of skin infections   | anise, cumin, Horseradish, parsley   |
| <b>EMOLLIENT</b>                     | Moistens and heals skin. Herbs that applied externally soften and soothe the skin. Similar to demulcents which are used internally, these soothing herbs are called emollients when used externally.  | salt, vanilla  |
| <b>EXPECTORANT</b>                   | Loosens and expels mucus from the respiratory tract   | caraway, clove, fennel, Horseradish  |
| <b>GALACTAGOGUE</b>                  | Increases milk production   | fennel, fenugreek  |
| <b>IMMUNOMODULATION OR STIMULANT</b> | Strengthens and modulates immune function   | cardamom, garlic, mustard seed   |
| <b>LAXATIVE</b>                      | Loosens contents of the bowels  | caraway, coriander (cilantro), mustard seed  |
| <b>LIVER STIMULANT</b>               | Supports a healthy liver and liver function   | Cilantro, garlic, turmeric   |
| <b>NERVINE</b>                       | Supports, relaxes, or stimulates the nervous system   | Nutmeg, rosemary, saffron  |
| <b>NUTRITIVE</b>                     | It contains vitamins and minerals and is nourishing to the entire body  | Bay leaf, mustard seed, paprika, sage, salt  |
| <b>RUBEFACIENT</b>                   | Increases blood circulation when applied topically – makes skin red. When applied to the skin, these herbs stimulate the dilation of the capillaries and can cause local irritation. They thereby draw inflammation and congestion from deeper tissue. They also increase circulation and promote surface warmth. | Cayenne, Clove, Horseradish, Mustard, and Ginger   |
| <b>SEDATIVE</b>                      | Induces sleep and relaxation. Reduce stress and nervous disorders throughout the body. Are used as an aid for sleep and to induce calms.  | cumin, nutmeg, rosemary, turmeric  |
| <b>Sialagogues</b>                   | Stimulate the secretion of saliva and thus aid in the digestion   | Cayenne, Black Pepper, Ginger  |
| <b>STIMULANT</b>                     | Delivers full-body alertness, such in the effect of caffeine. Increase the energy of the body by quickening and enlivening the physiological function of the body.  | Cacao, Horseradish, Cayenne, Ginger, Peppermint, sage, rosemary, mustard   |
| <b>STYPTIC</b>                       | Stops bleeding  | Chili (cayenne)  |
| <b>TONIC</b>                         | Support proper functioning of the body systems or organs; often paired with the name of an organ or organ system such as liver, heart, cardiovascular. These herbs tend to be safe to take a long term and often work best when taken for months at a time.   | Cacao, Holy basil  |
| <b>VASODILATOR</b>                   | Widens the veins and arteries through relaxation of cells in the muscle walls; includes cerebral vasodilator, which increases blood flow to the brain   | Chili (cayenne), Horseradish, mustard seed   |
| <b>VULNERARY</b>                     | Heals wounds and inflammation, including skin lesions, stomach ulcers, and burns. help heal the body by promoting cell growth and repair  | Bay leaf, black pepper, salt, turmeric   |