



## Spice Guide Categorized by Medical Condition

Whatever your health goal is, from preventing or managing heart disease to balancing blood sugar or lose weight, the following is an at-a-glance chart that you can use as a guide to help it achieve it. Using more of the healing spices that scientific research shows may help prevent or treat the condition you are concerned about is a great way to take back control of your health. However, note that while incorporating spices in your cooking or making medicinal products with them may help you deal with your medical concerns, spices are not the only thing you need to consider when you want to heal from a medical condition. For best results, consider the health benefits and quality of foods you eat and, when making medicine from spices, complement your formulas with other nonculinary herbs.

HEALTH CONDITION	HEALING SPICES
ACNE	Basil, turmeric, thyme, rosemary
AGE SPOTS	Oregano
AGING	Cumin seed (specially in oil), garlic, thyme
ALLERGIES	Cumin seed, mint, turmeric
ALOPECIA - GENERAL HAIR LOSS	Garlic, thyme, rosemary
ALZHEIMERS/DEMENTIA	Black pepper, cacao, fennel, marjoram, oregano, saffron, sage, turmeric, rosemary
ANXIETY	Lemongrass, mint, nutmeg, rosemary, saffron, sage
ARTHRITIS, OSTEO	Bay leaf, celery seed, chile, fennel, ginger, rosemary, turmeric
ARTHRITIS, RHEUMATIOD	Bay leaf, black pepper, celery seed, fennel, ginger, rosemary, turmeric
ASTHMA	Aniseed, cumin, cardamom, ginger, turmeric, wasabi
ATHEROSCLEOSIS	Saffron
BAD BREATH	Aniseed, cardamom, clove, parsley, mint, cinnamon
BENIGN PROSTATIC HYPERTHROPY	Garlic, mustard seed
BLEMISHES	Turmeric
BLOATING	Coriander, mint, fennel, ginger
BLOOD CLOTS	Cardamom, chile, clove, garlic, marjoram, rosemary, thyme, turmeric, wasabi
BREASTFEEDING PROBLEMS	Fennel, mint, fenugreek, garlic, cumin, holy basil
BRONCHITIS	Horseradish, thyme,
CANCER	Basil, bay leaf, cumin, black pepper, caraway, chile, cinnamon, clove, coriander, fennel, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mint, mustard seed, nutmeg, oregano, parsley, rosemary, saffron, sage, star anise, thyme, turmeric, vanilla, wasabi.
CATARACTS	Fenugreek
CHOLESTEROL PROBLEMS (HIGH TOTAL CHOLESTEROL, HIGH "BAD" LDL, OR LOW "GOOD" HDL CHOLESTEROL	Basil, cumin, caraway, celery seed, chile, cinnamon, cacao, coriander, fenugreek, garlic, ginger, horseradish, lemongrass, mustard seed, nutmeg, oregano, turmeric, wasabi
CHRONIC OBSTRUCTIVE OULMONARY DISEASE (COPD)	Mint, mustard seed
COLD SORES	Clove, sage, star anise, thyme
COLDS	Garlic, thyme, ginger, oregano, cayanne
COLIC	Anise seed, cardamom, coriander, fennel, turmeric
COLITIS	Cumin seed, fennel, oregano, thyme, turmeric, mint
COLON CANCER	Cardamom, coriander
CONJUCTIVITIS	Basil
CONSTIPATION	Anise seed, black pepper, caraway, cardamom, coriander, parsley,
COUGH	Mint, thyme, oregano
CROHN'S DISEASE	Mint
CYSTIC FIBROSIS	Turmeric

HEALTH CONDITION	HEALING SPICES
DEMENTIA, NON-ALZHEIMER'S	Fennel seed, star anise, rosemary
DEPRESSION	Black pepper, nutmeg, rosemary, saffron
DERMATITIS	Cumin, rosemary, sage, turmeric
DIABETES TYPE 2	Basil, bay leaf, caraway, chile, cinnamon, cacao, coriander, cumin, fenugreek, garlic, lemongrass, mustard seed, parsley, rosemary, sage, turmeric
DIARRHEA	Cardamom, coriander, nutmeg
DRY EYE SYNDROME	Basil
EAR INFECTION	Garlic, horseradish
ECZEMA	Cumin, coriander, sage, turmeric, wasabi
EPILEPSY	Cumin seed, coriander, sage, turmeric, wasabi
ERECTILE DYSFUNCTION	Saffron
EYE INFECTION	Basil, oregano, thyme, turmeric
FATIGUE, MENTAL	Cacao, mint, saffron, sage
FLATULENCE	Aniseed, coriander, turmeric, mint, sage
FLU	Garlic, horseradish, cayenne, ginger, thyme, star anise, black pepper
FOOD POISONING	Bay leaf, caraway, cinnamon, clove, cumin, horseradish, mint, oregano, wasabi
FUNGAL INFECTION	Garlic, thyme, marjoram, oregano
GALLBLADDER DISEASE	Turmeric
GALLSTONES	Fenugreek
GENITAL HERPES	Clove, sage
GLAUCOMA	Fennel
GOUT	Basil, celery seed, rosemary, turmeric
GUM DISEASE	Clove, mint, turmeric, oregano, thyme
HEADACHE, TENSION (SEE ALSO MIGRAINE)	Chile, ginger, rosemary
HEART ATTACK	Basil, chile, garlic, ginger, thyme
HEART DISEASE	Cumin, black pepper, cardamom, chile, cinnamon, cacao, fennel, garlic, marjoram
HEART BURN	Caraway, ginger, turmeric
HIGH BLOOD PRESSURE	Allspice, cumin, black pepper, cardamom, celery seed, cinnamon, cacao, coriander, fennel, garlic, oregano, saffron, turmeric
INDIGESTION	Aniseed, bay leaf, black pepper, caraway, cardamom, chile, coriander, ginger, marjoram, mint
INFECTION, BACTERIAL, FUNGAL OR VIRAL	Fenugreek, marjoram, oregano, thyme, garlic
INFECTION, PARASITIC	Garlic, oregano, thyme
INSOMNIA	Lemongrass, nutmeg, saffron
INSULIN RESISTANCE (PREDIABETES)	Basil, cinnamon, cacao, fenugreek, mustard seed, oregano
IRRITABLE BOWEL SYNDROME	Coriander, mint
KIDNEY STONES	Fenugreek

HEALTH CONDITION	HEALING SPICES
LEAD POISONING	Coriander, cilantro
LIVER DISEASE	Celery seed, coriander, fenugreek, oregano, rosemary, turmeric
MACULAR DEGENERATION, AGE RELATED	Saffron, turmeric
MALARIA	Basil, oregano, thyme, garlic
MEMORY LOSS (AGE RELATED, MILD COGNITIVE DECLINE)	Black pepper, cacao, ginger, nutmeg, rosemary, saffron, sage
MENOPAUSE SYMPTOMS	Allspice, sage
MENSTRUAL CRAMPS	Celery seed, fennel, mint, saffron
METABOLIC SYNDROME	Cinnamon, oregano
MIGRAINE	Ginger, mint, rosemary
MOTION SICKNESS	Ginger
MULTIPLE SCLEROSIS	Cumin, saffron
NASAL CONGESTION	Cayenne, mint, horseradish, wasabi
NAUSEA	Ginger, mint
NECK PAIN	Chile
NERVE PAIN	Chile
OSTEOPOROSIS	Cumin, wasabi
OVERWEIGHT	Black pepper, chile, fennel, fenugreek, oregano, turmeric
PAIN	Basil, cumin, turmeric
PARKINSON'S DISEASE	Saffron, turmeric
PNEUMONIA, BACTERIAL	Horseradish, oregano, thyme, garlic
POLYCYSTIC OVARIAN SYNDROME (PCOS)	Cinnamon, mint
POSTHERPETIC NEURALGIA	Chili, mint
PREMENSTRUAL SYNDROME	Saffron
PSORIASIS	Chile, coriander, sage, turmeric
RASH	Turmeric
ROSACEA	Coriander
SCLERODERMA	Turmeric
SEPTIC SHOCK	Garlic, oregano, thyme, Star anise
SEVERE ACUTE RESPIRATORY SYNDROME (SARS)	Bay leaf, ginger, garlic, thyme, oregano
SICKLE CELL DISEASE	Garlic, vanilla
SINUSITIS	Cayenne, cardamom, garlic, horseradish, thyme, oregano, wasabi
SORE THROAT	Sage
STAPH INFECTION	Garlic, oregano, thyme
STOMACHACHE	Cardamom, coriander, ginger, mint
STREP THROAT	Cayenne, garlic, horseradish, oregano, thyme
STRESS	Basil, mint, nutmeg, marjoram, rosemary, vanilla
STROKE	Celery seed, chile, cinnamon, cacao, fennel, garlic, ginger, marjoram, rosemary, sage, thyme, turmeric
THRUSH (ORAL CANDIDA)	Garlic, lemongrass, thyme, oregano
THYROID PROBLEMS	Black pepper



HEALTH CONDITION	HEALING SPICES
THOOTH DECAY	Clove, garlic, mint, star anise, thyme, oregano, wasabi
THOOTHACHE	Clove
TRIGLYCERIDES, HIGH	Basil, caraway, cinnamon, fenugreek, garlic, ginger, lemongrass, oregano
TUBERCULOSIS	Caraway, cumin, garlic, oregano, thyme
ULCERS	Basil, bay leaf, cumin, cardamom, celery seed, chile, cinnamon, clove, coriander, marjoram, oregano, parsley, rosemary, sage, thyme, wasabi
URINARY TRACT INFECTION	Garlic, ginger, horseradish, rosemary, thyme, oregano
VAGINAL YEAST INFECTION	Celery seed, cinnamon, coriander, lemongrass, oregano
VITILIGO	Black pepper, turmeric
WOUNDS	Basil, bay leaf, cinnamon, turmeric
WRINKLES AND AGING SKIN	Cacao, cinnamon, garlic, nutmeg, rosemary