



## Health Benefits of Spices

# HEALTH BENEFITS OF SPICES

Herb/Spice	Health Benefits	Notes
<b>Basil</b>	Anti-bacterial, anti-inflammatory, good source of magnesium. Promotes cardiovascular health because of its high content of Vitamin A through its concentration of carotenoids such as beta-carotene. Called "pro-vitamin A". Basil oil applied to the skin helps prevent pimples. Anti-aging properties, rich in antioxidants.	
<b>Cayenne</b>	Anti-irritant, antimicrobial, antifungal, migraine prevention, anti-allergen, digestive aid, useful for blood clots, detox support, joint pain reliever, anti-cancer, supports weight loss, promotes heart health.	Studies at Loma Linda University found that cayenne pepper may help prevent lung cancer in smokers. According to Dr. Edward Group, this may be related to cayenne's high quantity of capsaicin, a substance that might help stop the formation of tobacco-induced lung tumors. Other studies have shown a similar reaction in cayenne's resistance to liver tumors.
<b>Cardamom</b>	Anti-spasmodic, anti-asthmatic, anti-inflammatory, detoxification, improved blood circulation, nausea and vomiting relief, aphrodisiac, gastrointestinal protection, cholesterol control, anti-cancer, relief from cardiovascular issues, improvement of blood circulation.	A study conducted by Isao Kubo, Masaki Himejima, and Hisae Muroi at the Division of Entomology and Parasitology at the University of California has verified the presence of antimicrobial properties in cardamom.
<b>Cinnamon</b>	Anti-spasmodic, anti-emetic, anti-diarrheal helps fight infections, the common cold, loss of appetite, and erectile dysfunction (ED). Cinnamon may lower blood sugar in people with type 1 or type 2 diabetes. Anti-inflammatory, antifungal, lowers LDL cholesterol.	
<b>Clove</b>	Anti-inflammatory, antiseptic, antifungal, relieves respiratory infections, improves digestion, aphrodisiac, pain relief.	High in antioxidants and a good source of minerals — particularly manganese, omega-3 fatty acids, fiber and vitamins.
<b>Coriander</b>	Lowers cholesterol, anti-inflammatory for the skin, antifungal, antiseptic, digestive aid, lowers blood pressure.	Coriander or cilantro is also an excellent source of dietary fiber, manganese, and iron. Coriander leaves are rich in Vitamin C, Vitamin K, and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin, and carotene.
<b>Dill</b>	Boosts digestive health, reduces Insomnia, hiccups, diarrhea, dysentery, menstrual disorders, respiratory disorders, and cancer. It can protect from bone degradation and is anti-inflammatory.	The health benefits of dill are derived from its organic compounds, vitamins, and minerals. Dill has a significant amount of Vitamin A and Vitamin C and trace amounts of folate, iron, and manganese.
<b>Fennel</b>	The iron, phosphorous, calcium, magnesium, manganese, zinc, and Vitamin K content in fennel contribute to building and maintaining bone structure and strength. Fennel speeds up metabolism, aids digestion, increases iron absorption, is estrogenic (promotes estrogen production), an excellent source of Vitamin C, anti-inflammatory.	Top-quality fennel seeds are yellow and tinged with green. Ground fennel starts to lose its flavor after six months, while whole fennel seeds keep for three years, so it's best to buy whole and grind as needed.
<b>Garlic</b>	Anti-microbial, anti-inflammatory, antifungal, reduces blood pressure, improves cholesterol levels, helps prevent Alzheimer's disease and dementia, may increase longevity, improves athletic performance, detoxifies heavy metals in the body, may improve overall health.	Garlic is low in calories and very rich in Vitamin C, Vitamin B6, and manganese. It also contains trace amounts of various nutrients.
<b>Ginger</b>	Anti-nausea, reduces morning sickness, reduces muscle pain and soreness, Anti-inflammatory, can help with osteoarthritis, lowers blood sugar, lowers heart disease risks, treats chronic indigestion, reduces menstrual pain, lowers cholesterol levels, anti-cancer, protects against Alzheimer's disease, helps fight infections.	When buying fresh ginger root, look for knobs that are firm with smooth skin. Store fresh, peeled ginger in a paper bag in the refrigerator; it will keep for two weeks. You can also keep unpeeled ginger indefinitely by freezing.

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<b>Mint</b>	Reduces seasonal allergy symptoms, fights the common cold, indigestion, depression, fatigue, memory loss, and Irritable Bowel Syndrome (IBS). Is a breath freshener, antiseptic, and anti-carcinogen. Relieves nausea, headache, respiratory disorders, cough, and asthma. Helps with weight loss, oral care, increases mother's milk.	Mint leaves are best to add either raw or near the end of cooking to maintain their delicate flavor and texture. When preparing mint, use a sharp knife and cut gently.
<b>Nutmeg</b>	Provides pain relief, soothes indigestion, improves cognitive function, detoxifies the body, boosts skin health, alleviates oral conditions, helps with Insomnia, increases immune system function, helps prevent leukemia, improves blood circulation and brain health. Aphrodisiac.	Try to buy whole nuts instead of the powder form since it may be adulterated with other inferior-quality nutmeg varieties. Store whole nuts (as well as ground powder) inside an airtight container and place in a cool, dark and dry place, where it can stay for several months.
<b>Oregano</b>	Immune support, antifungal, anti-bacterial, anti-inflammatory, anti-cancer, useful for respiratory infections.	Research has shown essential oils from oregano may kill the foodborne pathogen Listeria and the superbug MRSA, making it a useful addition to hand soaps and disinfectants <sup>2</sup> .
<b>Parsley</b>	Supports the immune system, tones bones, heals the nervous system, flushes water from the body, supports kidney function, inhibits tumor formation, is an excellent source of Vitamin C, supports blood vessels, and protects from rheumatoid arthritis, anti-cancer, lowers blood sugar.	In a recent study conducted at the University of Missouri, researchers found that a natural chemical in parsley, celery, and other plants called "apigenin" decreases <b>tumor</b> size in an aggressive form of <b>breast cancer</b> . This may be a promising non-toxic treatment for <b>cancer</b> .
<b>Rosemary</b>	Rich in antioxidants, anti-inflammatory, improves circulation and digestion, enhances memory and concentration, neurological protection, prevents brain aging, anti-cancer, protects against macular degeneration.	Whenever possible, choose fresh Rosemary over the herb's dried form for cooking since it is far superior in flavor. The sprigs of fresh Rosemary should be free from yellow or dark spots.
<b>Sage</b>	Lowers blood sugar and cholesterol, possible Alzheimer's treatment, improves brain function, has antioxidant and anti-inflammatory properties.	As with Rosemary, whenever possible choose fresh sage over its dried form. Sage leaves are very delicate. To protect its beneficial properties, it is best to add it near the end of the cooking process.
<b>Thyme</b>	Antimicrobial lowers blood pressure, relieves coughs, boosts mood, and immune system. Gets rid of pests(rats, mice and others).	
<b>Natural unrefined salt or Himalayan salt</b>	Helps stabilize the irregular heart rate, regulate blood pressure, and extract excess acidity from cells in the body (particularly brain cells). Balances sugar levels, clear lungs of excess mucus ( particularly in asthma and cystic fibrosis), clear sinus congestion, is a natural anti-histamine, regulates sleep, prevents muscle cramps, contributes to firm bones, helps prevent gout and gouty arthritis, is essential for maintaining sexual libido, helps prevent varicose veins.	Supplies the body with over 80 essential mineral elements. Refined salt such as table salt has been stripped of all but two of these elements. It contains harmful additives such as aluminum silicate, a toxic chemical found in a UK study to be the primary cause of neurological disorders such as Alzheimer's disease and Parkinson's disease.
<b>Turmeric</b>	Anti-inflammatory, provides liver support, contains brain-protecting substances, boosts cognitive function, supports joint and muscle health, boosts detoxification, supports cardiovascular function, promotes healthy mood balance and healthy radiant skin, supports natural weight loss.  Studies found that onions and turmeric synergistically work together to protect against cancer.	Research shows that turmeric from Alleppey, India contains nearly two times more curcumin (its active ingredient) than any other turmeric. Turmeric is very hard to grind and is therefore almost always sold already ground. Buy turmeric in quantity you will use up in a few months.  One problem with curcumin is that it's not easily absorbed. However, studies show that black pepper significantly enhances its bioavailability.