

HEALTH BENEFITS OF SPICES

GARLIC



Works as a blood thinner and lowers blood pressure and cholesterol levels. Helps protect against atherosclerosis. Is effective against respiratory conditions and infections. Fresh garlic oil is effective against fungal infections. Is hailed as an anti-cancer agent as its sulfur compounds flush out carcinogens before they damage DNA. Eaten daily, it can help lower risk of heart disease considerably.

TURMERIC

It's anti-inflammatory and detoxicant properties protect against liver damage and help stimulate bile flow. The potent ingredient curcumin is an antioxidant that benefits against chronic and inflammatory conditions such as rheumatoid arthritis, candida and Crohn's disease. A powerful COX-2 inhibitor -- like a non-steroidal anti-inflammatory

CLOVE

Associated with relief from toothache and nerve pain. Offers relief from IBS and digestive problems such as diarrhea and gastroenteritis. High in antioxidant properties that stave off cancer.

MUSTARD

Contains compounds that inhibit growth of cancer cells as they are procured from seeds of plant of cabbage family. Stimulates appetite and has laxative properties. High in selenium and magnesium thereby providing anti-inflammatory properties. Packed with phytonutrients that prevent and slow down GI tract cancers.

CINNAMON

It is a favorite remedy against digestive ailments. Its anti-bacterial and anti-fungal properties make it an effective cure for stomach ulcers. Taken daily, cinnamon powder at night with milk works to stabilize blood sugar levels. Powerful weapon against cardiovascular problems. Has stabilizing effect on blood sugar levels and is excellent for digestive problems. Is known to slow down or prevent onset of diabetes. Has natural anti-infection compounds that are effective against H. pylori bacteria. Reduces cytokines that are linked to arthritic pain.

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CARAWAY

Has soothing effect on digestive ailments and is effective against infant colic. Effective against constipation and heartburn. Is given to persons suffering chronic cough. Useful mouth wash. Promotes breast milk production.

CARDAMOM

Digestive tonic especially against upper digestive issues. Works as natural mouth freshener. Hailed as an aphrodisiac due to presence of androgenic compounds in the seeds.

CORIANDER



Helpful for those suffering diarrhea, IBS and E.coli infection. Antioxidant properties and cholesterol reducing benefits. Detoxifies by removing all the traces of heavy toxic metals. Regulates menstrual flow.

FENUGREEK

Works as a laxative and anti-inflammatory against IBS, gastritis and mouth ulcers. Contain saponins that inhibit both cholesterol absorption in the intestines and cholesterol production by the liver. Helps keep diabetes in check. Protects against atherosclerosis and gout.

GINGER



Tones capillaries and stimulates circulation. Blood thinning properties help those suffering poor peripheral circulation. Anti-inflammatory properties work against arthritis. A powerful COX inhibitor. Anti-nausea properties helps shut down nerve receptors that trigger vomit reflux.

NUTMEG

Contains eugenol that benefits the heart and Myristicin that inhibits enzymes contributing to Alzheimer's disease. Relieves insomnia and calms muscle spasms. Lowers cholesterol and increases concentration. Improves circulation and eases joint pains.

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SAFFRON



Improves cognitive performance due to increased blood flow to the brain. Has anti-depressant properties and promotes memory retention and recall capacity. Contains carotenoids that provide benefits against skin tumors, arthritis and vision problems.

ANISE



Calms an upset stomach and helps increase breast milk production. Good sources of iron, fiber and calcium. Anti fungal and antioxidant properties. A primary source of shikimic acid which is used in production of antiviral medications. Used to aid digestion and reduce colic. An expectorant that eases cough.

CUMIN

Helps regulate blood sugar levels and prevent stomach ulcers. Aids cholesterol reduction and reduces pancreatic inflammatory markers. High in antioxidants and works as a bronchodilator and can help asthmatic patients. Anti-carcinogenic properties. Ground past of cumin seeds heals boils and sores. Being a rich source of iron, it is therefore a good supplement in keeping your blood healthy. Iron is important and helps in the prevention of anemia.

PEPPER

Carminative action and diuretic properties. Stimulates taste buds and aids digestion. Rich source of Vitamins A and C. Contains beta carotene that protects against breast cancer and lycopene which decreases risk for ovarian cancer. Revs up metabolism and clears chest congestion.