

# Therapeutic Benefits of Culinary Spices



# Food Is Medicine: Culinary Spices

Adding culinary spices to your cooking not only enhances the flavor of your food, it also brings many health benefits.



## BLACK PEPPER

- Aids Weight Loss
- Cold & Cough Relief
- Anti-Bacterial
- Antioxidant
- Enhances Bioavailability
- Improves Cognition
- Treats Peptic Ulcer
- Treats Asthma

## CARAWAY

- Relieves Indigestion, Bloating,
- Constipation, Diarrhoea & IBS
- Aids Weight Loss
- Cardioprotective
- Reduces Menstrual Cramps
- Promotes Sleep

## CARDAMON

- Digestive Aid
- Natural Breath Freshener
- Prevents Tooth Decay
- Natural Cancer Treatment
- Lowers Blood Pressure
- Helps regulate Blood Sugar
- Treats Asthma

## CAYENNE/CHILI

- Circulatory Stimulant
- Pain Reliever
- Prevents Cramp
- Cardioprotective
- Prevents Blood Clots
- Boosts Metabolism
- Assists in Detoxification
- Fights Colds & Flu
- Anti-Irritant
- Relieves Joint & Nerve Pain
- Anti-Fungal

## CINNAMON

- Antioxidant
- Anti-Inflammatory
- Cardioprotective
- Protects Brain Function
- Anti-Microbial, Anti-bacterial,
- Anti-Fungal Anti-Viral
- Natural Breath Freshener
- Anti-Candida
- Natural Food Preservative
- Regulates Blood Sugar Levels

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## CLOVES

- Relieves Toothaches
- Relieves Upper Respiratory Tract
- Reduces Inflammation
- Improves Digestion
- Enhances Sexual Health

## CORIANDER SEEDS

- Lowers Blood Sugar
- Digestive Aid
- Reduces Blood Pressure
- Flights Food Poisoning
- Lowers Cholesterol
- Relieves URT's
- Anti-Inflammatory

## CUMIN

- Digestive Aid
- Boosts Immunity
- Treat Respiratory Tract –
- Clears Mucus
- Relieves Insomnia
- Anti-Bacterial & Anti-Viral
- Prevents Diabetes
- High Source of Iron & Calcium
- Promotes Detoxification
- Anti-Carcinogenic

## GARLIC

- Cardioprotective
- Cancer Prevention
- Lowers High Blood Pressure
- Prevents & Teats Colds
- Prevents Dementia
- Regulates Blood Sugar Levels
- Regulates Cholesterol

## FENNEL

- Improves Digestion
- Treats Asthma
- Increases Milk in Lactating Women
- Combats Bad Breath
- Improves Cholesterol Levels
- Reduces Edema
- Lowers Blood Pressure
- Improves Menstrual Symptoms
- Eases Morning Sickness
- Assists in Liver Health

## FENUGREEK

- Improves Digestion
- Lowers Cholesterol Levels
- Reduces Inflammation
- Increases Male Libido
- Promotes Milk Flow in Lactating Women
- Improves Exercise Performance

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## GINGER

- Treats Nausea
- Anti-Fungal
- Anti-Bacterial
- Anti-Inflammatory
- Protects against Stomach Ulcers
- Regulates Blood Sugar Levels
- Relieves Joint & Muscle Pain
- Lowers Cholesterol Levels
- Improves Brain Function
- Improves Digestion

## HORSERADISH

- Boosts Immunity
- Cancer Preventative
- Lowers Blood Pressure
- Improves Digestion
- Assists with Weight Loss
- Improves Respiratory Conditions – Clears Congestion
- Diuretic
- Anti-Bacteria

## JUNIPER

- Anti-oxidant
- Improves Digestion
- Aids Sleep
- Reduces High Blood Pressure
- Anti-Parasitic

## MACE

- Aids Digestion
- Increases Appetite
- Improves Circulation
- Relieve tension & stress
- Improves Memory
- Tooth & Gum Health
- Protects the Kidneys
- Anti-Inflammatory
- Treats Colds & Coughs

## NUTMEG

- Relieves Pain
- Promotes Digestion
- Improves Brain Health
- Detoxifies the Body
- Improves Bad Breath
- Treats Insomnia
- Regulates Blood Pressure
- Treats Leukemia

## TURMERIC

- Anti-Inflammatory
- Antioxidant
- Improves Brain Function
- Cardioprotective
- Lowers Cancer Risk
- Relieves Arthritis Symptoms
- Flights Depression
- Anti-Ageing

## Further Reading:

Visit [Mindd.org](http://Mindd.org) for more useful health advice and Integrative health practitioner referrals.

## References:

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