

Powerhouse Herbs and Spices

Stock your pantry with powerhouse **Herbs** and **Spices** to enhance the flavor and health benefits of your favorite recipes. Dr. Doug Pray's "*Fat and Happy — Weight Loss Strategies for People Who Love to Eat*", suggests these and other herbs and spices that can contribute to your overall health and wellbeing. If you do not have access to organically grown herbs and spices, you can find an excellent online resource at www.smithandtruslow.com.

Basil Anti-inflammatory; antioxidant; strengthens defenses against asthma, osteoarthritis and rheumatoid arthritis

Bay Leaf Balances blood sugar and retards weight gain; sedative; may help reduce high blood pressure

Cayenne Anti-inflammatory; boosts metabolism; improves circulation; enhances memory; opens respiratory passages

Chinese 5 Spice Anti-inflammatory; antioxidant; antibacterial; improves digestion and promotes intestinal health; stimulates the breakdown of fat cells; relieves congestion, stomach cramps and headache; balances blood sugar

Cinnamon Antibacterial; balances blood sugar; alleviates congestion; sedative

Coriander Seeds
Anti-inflammatory; antibacterial; balances blood sugar; improves circulation; enhances memory; opens respiratory passages

Cumin Anti-inflammatory; antiviral; enhances memory

Dill Weed Antioxidant; antibacterial

Garam Masala Anti-inflammatory; antiviral; antibacterial; balances blood sugar; reduces cholesterol; reduces heartburn and helps digest grains

Garlic Antibacterial; lowers cholesterol and blood pressure; reduces water retention

Ginger Antibacterial; improves circulation; stimulates lymph glands; alleviates motion sickness and nausea

Marjoram Antibacterial; antioxidant

Oregano Antibacterial; antioxidant; nutrient rich

Parsley Antioxidant; helps neutralize certain carcinogens; improves eyesight; promotes kidney and liver health

Peppercorns Anti-inflammatory; antioxidant; antibacterial; stimulates breakdown of fat cells; improves digestion and promotes intestinal health

Peppermint Anti-inflammatory; antioxidant; antibacterial; muscle relaxant; aids digestion

Rosemary Stimulates immune system; improves circulation; improves digestion

Sage Anti-inflammatory; antioxidant; aids digestion of oily and fatty foods; improves brain function

Tarragon Antioxidant; antifungal; sedative

Thyme Anti-inflammatory; antioxidant; antimicrobial; nutrient dense; aids digestion of oily and fatty foods

Turmeric Anti-inflammatory; antioxidant; reduces cholesterol; aids digestion



Congratulation on your decision to make your health a priority!

It's time for a new beginning!

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