

## HERBS AND SPICES

**CINNAMON:** Has been shown to boost brain function, aid in digestion, support weight loss, fight cancer and diabetes.

\*Add cinnamon to your drinks. Place on granola, oatmeal. Use it on meats, especially turkey! Add to your stir fry too.

**GINGER:** Has anti-inflammatory effects and can help with nausea and vomiting, especially during pregnancy. It also helps to protect against certain cancers like ovarian cancer and boost your immune system.

\*Add in stir fry. Use it in salad dressing. Favorite dressing: Avocado oil, garlic, and ginger. Cut in THIN slices and add to a roast.

**GARLIC:** The downside is our breath. Personally, I have not experienced that since eating a clean, REAL diet. Health benefits are huge. Used for reducing nausea feeling, inflammation, ease pain of arthritis, reduce blood pressure and detoxify body of heavy metals.

\*Use on potatoes, shrimp, tilapia, salsa, dressings, and pasta sauce.

**CAYENNE:** It has amazing healthy benefits that date back to ancient days. Anti-inflammatory secret - Capsaicinoids. Known to help in digestion, relieve headaches, prevent blood clots, and assist in detoxifying the body naturally.

\*Spice up your stews, chili, meat. Add in hummus, dips, guacamole. Less is more.

**OREGANO:** Contains beta-caryophyllene for fighting inflammation. It also is anti-fungal and antibacterial properties.

\*Put on pizza, in pasta sauce, and add on salad.

**TUMERIC:** Vibrant yellow spice with medicinal purposes. Treats infections, wounds, colds and liver disease.

\*Place on meats, scrambled eggs, pumpkin soups, roasted vegetables. Just sprinkles and pinches. Less is more.



**SAGE:** A great herb (leaf) used with Mediterranean foods. Known to help with digestive discomfort and menstrual cramps. And is good to increase circulation. Anti-inflammatory and anti-bacterial.

\*Use in hot teas, stews, and infused oils like avocado, olive, macadamia oils.

**ROSEMARY:** It's a part of the mint family! Used in Mediterranean dishes and with lamb. Studies have shown health benefits to relieve muscle pain, aid in digestion, potentially improve memory, and reduce inflammation.

\*Add a sprig to tilapia, roasted vegetables, and potato wedges.

**CLOVES:** Have been used for thousand of years in India and China. Helps boost the immune system, aid in digestion, antibacterial and anti-inflammatory effects.

\*Add to stews, hot drinks like cider. Use in boiling water with oranges, lemons and limes to freshen your home.

**MINT:** A natural herb used as a breath freshener. It promotes digestion. Great for upset stomachs. Soothes the stomach with indigestion or inflammation. Some other benefits are weight loss, fatigue, depression, asthma, memory loss. You can use it for treating insect bites, acne; the cooling sensation relieves the irritation.

\*Add to beverages (tea, coffee, smoothies), desserts, yogurt, and ice creams.

**NOTE:** When using fresh herbs and spices, LESS is more!!! If you use dried herbs or spices, you can awaken them by rubbing them between the palms of your hands.

Further, the dried herbs and spices don't necessarily go bad if kept in a dry, cool place. However, they can lose their efficacy (not as nutrient potent).

Please let me know how you are using herbs and spices for optimal health. And share your recipes. Send me an email at [Kristianne@CreateYourNow.com](mailto:Kristianne@CreateYourNow.com)

