

## Spice Up Your Life!

Amazing benefits! Studies show that many different herbs and spices offer health benefits. All types of herbs and spices originate from plants, including: flowers, fruits, seeds, bark, leaves, and roots. Adding herbs and spices to your food not only helps to improve the taste of food, but also offers great health benefits. Some benefits include:

Herb/ Spice	Health Benefits
Ginger	<ul style="list-style-type: none"> <li>• Decrease nausea and vomiting</li> <li>• Decrease pain and inflammation</li> <li>• Weight loss</li> </ul>
Basil	<ul style="list-style-type: none"> <li>• Antimicrobial properties</li> <li>• Antioxidant properties</li> <li>• Decrease flatulence</li> </ul>
Cinnamon	<ul style="list-style-type: none"> <li>• Decreases fasting blood glucose</li> </ul>
Parsley	<ul style="list-style-type: none"> <li>• Decrease flatulence</li> <li>• Antioxidant properties</li> <li>• Parsley root: Diuretic and laxative</li> </ul>
Rosemary	<ul style="list-style-type: none"> <li>• Helps to increase memory</li> <li>• Ancient Aromatherapy technique</li> </ul>
Mint	<ul style="list-style-type: none"> <li>• Decreases common colds</li> <li>• Decreases indigestions and irritable bowel syndrome</li> </ul>
Cloves	<ul style="list-style-type: none"> <li>• Anti-inflammatory properties</li> <li>• Antioxidant properties</li> </ul>

Polyphenols, a type of plant compound, provide one of the main health benefits associated with herbs and spices. Polyphenols are also abundant in certain fruits and vegetables tea, and red wine.

Additional beneficial herbs and spices include: **chili peppers, turmeric, garlic, oregano, and thyme.** So keep adding great spices to your meals to bring out the flavor in your food!