

DISCOVER THE MEDICINAL POWER OF 7 SUPER HERB & SPICES



1) CLOVES

Found to have the highest antioxidant content of all spices and can be used as a painkiller and has been used for centuries to treat tooth aches and gum pain.

Eases cold and allergies, and oil of cloves is useful as antiseptic in mouthwash.



2) OREGANO

1/2 tsp has the same amount of antioxidants as a quarter cup of almonds and four times the antioxidant activity of blueberries...Go greek make a greek salad and sprinkle on the oregano!

Oregano is rich in Vitamin K, iron, manganese, and kills e.coli, salmonella, and virtually all food-borne pathogens.



3) GINGER

Over 50 antioxidants have been found in ginger. It helps increase circulation, calms digestive problems.

Ginger has also been used to treat food poisoning, shown to lower cholesterol, treat arthritis, reduce inflammation, and can be used to help increase insulin sensitivity in diabetics.



4) CINNAMON

Plays an important role in regulating blood sugar in people with diabetes.

Clinical studies have shown a consistent intake of cinnamon daily help reduce glucose, triglyceride, and LDL cholesterol with type II diabetics.



5) TURMERIC

The bright neon yellow color comes from the phytochemical Curcumin and can eliminate cancer cells, help reduce obesity, and metabolic diseases.

Scientists have found by creating a new molecule from curcumin, called CNB-001, this molecule triggers the mechanisms that safeguard and restore brain cells after a stroke.



6) ROSEMARY

Blocks HCAs or carcinogenic compounds found your favorite grilled meats.

Rosemary oil can improve cognitive performance and fight off free radicals that cause Alzheimer's, stroke, and dementia.



7) MUSTARD

The compound AITC found in mustard seed is known to be an anti-cancer compound - this plant-compound is also found in wasabi & horseradish. Studies show that AITC, stopped the growth of bladder cancer by 33%.