



The Benefits of Herbs and Spices



Overview

Herbs and spices don't just boost flavor. They're packed with vitamins, minerals and antioxidants. Many have been used as health supplements for ages. Let's look at a few common herbs and spices, and learn about some of the ways they help you.

Garlic

We'll start with garlic. This pungent herb helps lower blood pressure. It lowers cholesterol levels. It may lower your risk of heart disease. Garlic oil reduces inflammation. And, garlic contains a compound that has been shown to kill the bacteria that causes food poisoning.

Cinnamon

Now, let's look at cinnamon. This sweet spice is an anti-inflammatory. It also has antioxidants. They protect your cells from harmful compounds called "free radicals." Cinnamon helps keep blood sugar levels in check. And it may be good for your brain.

Ginger

Now, let's turn to ginger. This fragrant root has anti-inflammatory and antioxidant properties. It helps reduce nausea and vomiting. It can help with morning sickness. It can help with joint pain and stiffness. And it may also help you lose weight.

Turmeric

Finally, let's look at turmeric. This is an Indian spice. It has anti-inflammatory and antioxidant properties. It may lower your risk for heart disease. And it may help prevent diseases like cancer and Alzheimer's.

Conclusion

You should know that some herbs and spices can interact with medications. This could be harmful. So always check with your doctor to make sure specific herbs and spices are safe for you.