

HEALING HERBS AND SPICES

A brief guide



TURMERIC

Potent anti-inflammatory, antioxidant, anti-inflammatory, anti-microbial, anti-Alzheimer, anti-tubercular, cardio-protective, anti-diabetic, hepato-protective, neuro-protective, nephron-protective, anti-rheumatic and anti-viral, anti-cancer. Use in both sweet and savoury dishes and as a supplement. Can be used either as a fresh root or dried and powdered. One of the most widely used Asian spices. Easy to drink either as a tea or 'golden milk'.

CINNAMON

One of the oldest known spices. Anti-clotting, anti-viral, anti-microbial, anti-inflammatory and blood sugar control. Use in both sweet and savoury dishes. Comes in a stick (bark) or powdered. A warming spice used in middle eastern dishes.



GINGER

A favourite in Asian cooking. Relief of nausea, anti-inflammatory, immune boosting. Can be used either from the fresh or dried root or powdered. Makes a warming tea and adds heat and warmth to both sweet and savoury dishes.

GARLIC

One of the oldest cultivated plants in the world. Anti-hypertensive, anti-bacterial, cholesterol lowering, cardiovascular health, anti-cancer. Best eaten from fresh either raw or cooked.



CORIANDER

A favourite in Asian dishes of all types. Anti-inflammatory, immune function promotion, antioxidant, anti-fungal. Use the leaves fresh, seeds whole or ground in both savoury and sweet dishes.

PARSLEY

Well known as a garnish or in parsley sauce! Good source of vitamin K, vitamin C, vitamin A, manganese and iron. Anti-oxidant, anti-cancer, anti-bacterial. A great breath freshener, particularly after eating garlic and a great digestif.





BASIL

A staple of Mediterranean cooking. Anti-microbial, anti-bacterial, anti-inflammatory, anti-cancer. Use the leaf fresh or dried. Use in sweet or savoury dishes

MINT

Known for its use in flavouring toothpaste and chewing gum. Anti-microbial, relieves gastrointestinal discomfort, anti-inflammatory, anti-spasmodic. Use the leaves fresh or dried or as an oil. Makes a great tea or infusion.



CHILLI

Used worldwide to add flavour, aroma and heat to food. Anti-microbial, anti-inflammatory, anti-cancer. There are many types of chilli from mild to WOW! They can be used fresh, dried or powdered in both sweet and savoury dishes.

ROSEMARY

Another Mediterranean staple. Antioxidant, anti-fungal, anti-oxidant, anti-bacterial. Rosemary can be used fresh, dried or as oil. The scent of Rosemary can improve mental alertness.



THYME

An important component of bouquet garni and herbes de provence. Anti-bacterial, anti-inflammatory, anti-cancer. Used mainly in savoury dishes, but can be used in sweet. Goes particularly well with Rosemary. Use fresh or dried.

OREGANO

A staple of Mediterranean cooking along with Basil and Rosemary. Anti-viral, anti-parasitic, anti-fungal, antioxidant, anti-inflammatory, anti-bacterial. Can be used fresh or dried or as an oil.

