

HEALTHY HERB & SPICE GUIDE

HERB / SPICE	HEALTH BENEFITS	BEST PAIRED WITH
Turmeric	Contains Curcumin; powerful anti-inflammatory and antioxidant properties.	<i>Curries, roasted vegetables, lattes.</i>
Ginger	Aids digestion, reduces nausea, and helps fight the common cold.	<i>Tea, stir-fry, smoothies, baking.</i>
Cinnamon	Can lower blood sugar levels and reduce heart disease risk factors.	<i>Oatmeal, coffee, yogurt, fruit.</i>
Garlic	Boosts immune system function and promotes heart health.	<i>Pasta, meats, dressings, sauces.</i>
Rosemary	Rich in carnosic acid; improves circulation and cognitive focus.	<i>Potatoes, poultry, bread, oils.</i>
Holy Basil	Adaptogenic herb that helps the body respond to stress and anxiety.	<i>Pesto, salads, fresh teas.</i>
Cayenne	Contains capsaicin; boosts metabolism and provides pain relief.	<i>Soups, marinades, eggs.</i>