Herbs and Spices – your kitchen ‘Farmacy”

We have two ‘farmacies’ in our kitchen – one is the refrigerator and the other is the spice rack. Spices are concentrated sources of plants with many of them having strong medicinal properties. Herbs and spices are the kings of kitchen medicines. Heating the spices activated the healing properties within the spice.



Aim to add 1 teaspoonful of spice to a meal every day to get the best benefits

Here are our top 5 favorite medicinal spices to add to your daily meals.

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| **Spice** | **When to use** | **How it works** |
| **Cinnamon: the blood builder** | On porridge or muesli  In a cup of hot water with honey  Slow cooked meat  Chai tea blend  Desert sprinkle on apple | Warming, gets rid of parasites and worms, regulates blood sugar levels and helps break down carbohydrates. Lowers cholesterol. |
| **Turmeric: the superstar**  **against inflammation** | In any tomato dish, soups, curried eggs or egg sandwiches, all curries, as a hot drink with honey for colds and flu, to rice while cooking. | Reduces inflammation, natural pain killer,  Improves menstrual pain, thins the blood to help blood flow, lowers stomach acid, lowers cholesterol, liver detox, healthy skin, fights against infections |
| **Cumin: the gut and immune booster** | Curries, chew seeds after a meal, any meat dish. | Fights infections, high in iron, controls stomach pain, indigestion, diarrhoea, nausea and morning sickness. |
| **Coriander: the detoxifier** | Fish, curries, garnish soups, salads, chicken skewers, salad dressings, part of the dip called pesto. Use leaves and seeds | detoxes heavy metals and toxins, high in iron and vitamin C, lowers cholesterol, helps the liver, relieves wind and bloating , healthy skin |
| **Ginger: the circulation mover** | Stir fry, ginger tea, foot bath, fish, curries, pumpkin soup. | Stops nausea, cold hands and feet, Colic, flatulence, poor appetite, digestive cramping, bloating, fights infections, reflux  and constipation |

Both herbs and spices should be a daily part of your food “farmacy”. We strongly encourage you to have a small supply of fresh herbs in pots outside your kitchen to grab a handful and add to salads, soups, casseroles and curries.

They go well chopped with stir fry meals and rice meals also.

Here are some herbs to make part of your garden

Basil Beautiful aroma, goes well with tomatoes for Bruschetta or Thai dishes

such as Thai soups or laksa.

Oregano Strong against infections and parasites. Chop and add to pasta sauce

Red meat dishes, feta cheese covered in olive oil, Italian dishes.

Thyme Stunning garden plant with antiseptic properties. Add to casseroles or

place in boiled water with honey as a tea for sore throat.

Sage A very drying herb to clear excessive mucous. Add to stews, pork and veal dishes. Goes well with strong flavors such as prosciutto.

Lemon grass A delicious grassy herb which can be picked and outer layers peeled

Off to reveal a strong smelling lemon disinfectant. Add chopped stalks

to soups, goes very well with Thai flavours.

Mint Enjoy as a hot or cool tea. Add a few bruised leaves to boiled water.

Mint settles the stomach, freshens the breath and clears heat from the body on a hot day or if a fever is present.



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