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How To Use 50  
Everyday And  
Exotic Spices To  
Boost Health And  
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## **Healing Spices How To Use**

Filled with easy-to-  
understand information  
and 50 recipes, this is  
the first book that  
shows you how to use  
and cook with spices  
for maximum health  
and healing.

Breakthrough scientific  
research is finding that  
spices-even more than

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herbs, fruits, and vegetables-are loaded with antioxidants and other unique health-enhancing compounds.

Beat Disease

**Healing Spices: How to Use 50 Everyday and Exotic Spices ...**

4 stars, because it falls a little short on how to use the spices for healing purposes (eg.: cinnamon is a good antibacterial (wounds, yeast, etc.), but there is no indication on how

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to get the benefits of  
it). As it aims a very  
wide range of people to  
read it, ...

Boost Health And

**Healing Spices: How  
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1. Aloe Vera Aloe vera contains vitamins and minerals that are needed for the proper function of all body systems. It...
2. Anise The seed and oil of anise can be used to relieve several health

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conditions. Anise aids digestion, works as an...

3. Annatto

Annatto is derived from the seeds of the ...

Beat Disease

## **The Top 101 Herbs and Spices for Healing - Dr. Axe**

Mentioned in exodus, coriander is one of the oldest healing spices known to man. It is indigenous to the Mediterranean countries, to Southern Europe and the Middle



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East. Coriander is an effective appetite stimulant. It aids digestion, eases diarrhea, soothes the painful symptoms of cystitis and urinary tract infections.

## **6 of the Most Incredible Healing Spices and How To Use Them**

Thus I want to tell you about my new favorite book. It's a book about spices, a kind of

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material medica that goes A through Z the

50 most important culinary spices. Or

perhaps I should say the 50 most important

healing spices. In this book the lists are

synonymous. Bharat B. Aggarwal wrote the

book, Healing Spices, with Debora Yost. If

you ...

**"Healing Spices:**

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**Spices ...**

Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat

Disease \* by Dr. Bharat B. Aggarwal with Debra Yost (Sterling Publishing, 2011),

shows us that its not only the whole foods we put into our bodies and the vitamins we take that can improve our health, but that the spices we use to liven up our foods can help

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heal our bodies and  
prevent us from being  
prey to more ...

Exotic Spices To

**Healing Spices by  
Bharat B. Aggarwal -  
VegKitchen**

Not only are herbs and  
spices a low-cal way to  
add zest to your meal,  
but they also have a  
slew of health benefits.  
Try these 10 easy-to-  
use herbs and spices in  
your upcoming meals.  
Basil

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## **A Beginner's Guide to Herbs and Spices | Health.com**

Black pepper is one of the most commonly used spices, and believe it or not, in the Middle Ages it was considered more valuable than gold. Piperine is the active ingredient in black pepper, and it has been shown to jumpstart digestion, prevent certain cancers and heart

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### **The 7 Best Spices For Healing**

Just use a teaspoon a day! Try it in your coffee, add it to tea, or even toss some into your cereal or use in cooking. Cinnamon also helps keep triglyceride levels in check and may help lower the bad LDL

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Cholesterol. For illnesses, Cinnamon is warming and stimulating, and it helps break up phlegm.

Beat Disease

## **The Super Healing Powers of KITCHEN SPICES: 14 Medicinal**

...

An A-Z guide of 40 spices identifies their preventative and curative potential, and each examination of 40 conditions features one or two spice-filled

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recipes to help you heal. Here's what healing spices can do for you: Muscles, joint pain, and arthritis can be treated with cayenne, ginger, and turmeric.

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by Aggarwal, Bharat B.,  
Yost, Debora.

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**Healing Spices: How  
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and Exotic Spices ...**

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5 Healing Spices

Cinnamon. Maybe it's ironic that cinnamon — that spicy-sweet favorite that cooks use to give desserts extra flavor — can...

Turmeric. Turmeric is a kitchen staple in India, found in just about every dish that crosses the table — a fact that has... Coriander. People often confuse ...

**5 Healing Spices -  
Experience Life**

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Cinnamon is especially great for people who have high blood sugar. It lends a sweet taste to food without adding sugar, and studies indicate it can lower blood sugar levels in people with type 2 diabetes. Cinnamon may also provide heart-healthy benefits, such as reducing high blood cholesterol and triglyceride levels.

**5 Spices with**

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**Healthy Benefits |**

**Johns Hopkins**

**Medicine**

Cinnamon is a popular spice, found in all sorts of recipes and baked goods. It contains a compound called cinnamaldehyde, which is responsible for cinnamon's medicinal properties (1).

Cinnamon has...

**10 Delicious Herbs  
and Spices With  
Powerful Health**

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**Benefits**

Healing Spices is a fascinating and informative overview of spices and the different world cuisines that use them. I learned about many spices I'd never heard of before, and I now have ideas for spices to try for my own health. I really loved that the book explains how and where the spices are grown, as well as the history of each spice.

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**Healing Spices: 50  
Wonderful Spices,  
and How to Use  
Them ...**

Add Flavor and Aroma. Spices can transform a meal by adding a range of flavors, from a hint of sweetness to a kick of heat. They also give beautiful aromas that are often our first determining factor for whether we want to eat a meal or not. Enhance taste of food.

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**The Ultimate  
Infographic Guide to  
Spices | Cook Smarts**

Healing Spices lays out how to use 50 everyday and exotic spices to boost health and beat disease. By Bharat B. Aggarwal, PhD Now, we've always been careful in our shops to stay very culinary focused on spices and not give medicinal advice or try to diagnose customer's

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ailments as this is not  
our area of expertise.

Exotic Spices To

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**Savory Spice**

Many people add flax  
seed and flaxseed

meal to oatmeal and

smoothies, and it's also

available in the form of

tablets, oil (which can

be put into capsules),

and flour. The best way

to add flax seed...



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