

Spice Up Your Life...

with Herbs and Spices

Your healthy grocery list is about to get spicier! Though herbs have been used for hundreds of years to heal, scientists are finally starting to research these plants' abilities to deliver on health benefits. Emerging science shows that many spices are also potent defenders of good health. To spice up your life, add these herbs and spices to your grocery list.

Herbs for Health

Oregano - Fresh or dried, oregano is a herb that has significant amounts of vitamin K, manganese, iron and dietary fiber (and is also a good source of calcium, vitamin A and C). Oregano is a strong antibacterial agent and has an antioxidant capacity that is 42 times more active than apples, 30 times more than potatoes and 12 times more than oranges^{1,3}.

Basil - The fresh and aromatic form of basil has many similar nutrients to oregano including plenty of vitamin K. Not only is basil a delicious addition to many dishes, it can prevent foods from being contaminated by bacteria. Basil also fights inflammation and may help promote cardiovascular health^{1,2}.

Rosemary - The wonderful smell of rosemary creates more than just great food. Rosemary contains substances that may improve digestion and stimulate the immune system. It also improves circulation, and increases blood flow to the head and brain, thus improving concentration³.



Super Spices

Turmeric - The main spice found in yellow curry powder, turmeric, contains curcumin which is a compound that may inhibit cancer cell growth and promote health of the brain. Some studies suggest that it may even protect against Alzheimer's disease⁴.

Ginger - This spice, derived from the ginger root, has long been used as a natural remedy for nausea, morning sickness and other stomach discomforts. Combined with its natural antibacterial, antifungal and anti-inflammatory properties, ginger may be a great spice for healing.

Cinnamon - This fragrant spice, traditionally used for baking, has the highest antioxidant capacity of any spice. In ancient Chinese medicine, cinnamon was used to improve energy and vitality. It has anti-inflammatory properties and is a powerful antimicrobial agent. New research shows that cinnamon may even help regulate blood sugar levels⁵.

Add these herbs and spices to a variety of foods and not only will your meals will be full of flavor, but also brimming with tasty nutrition, antioxidants and healing benefits.

For more information on the health benefits of spices, check out the 7 Super Spices at:

<http://www.mccormick.com/SpicesForHealth.aspx>.

References:

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