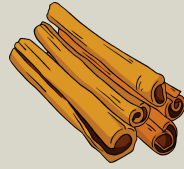


Health Benefits of common Herbs and Spices



Cinnamon: Antioxidant, anti-inflammatory, increase insulin activity, boost attention, heart healthy.



Garlic: Heart healthy, anti-cancer



Turmeric: Anti-inflammatory, anti-cancer, heart healthy, anti-aging, anti-septic



Allspice: Antioxidants, anticancer



Cumin: Antiglycaemic effect, aids digestion



Saffron: Anti-cancer, aid immune function, antioxidant, heart healthy



Cloves: Antioxidant, inhibits oxidation of LDL cholesterol



Mustard: Antimicrobial, anticancer



Oregano: Antioxidant, antimicrobial, antiseptic



Red Pepper: Pain relief, aids digestion, boost metabolism, antioxidants



Rosemary: Brain healthy, heart healthy, improve memory, antioxidant



Ginger: Antioxidants, anti-inflammatory, anticancer, aids digestion.



Fennel: Aids digestion and absorption, reduce inflammation and retard cancer



Basil: Antioxidant, prevent blood clotting



Mint: Aids digestion and absorption, Antioxidants, anticancer



Black Pepper: Antioxidant, aids absorption of vitamins and minerals