Article published on February 16th 2012 | Food

Are you worried because your kid does not enjoy the food you make? Do you feel bad when you do not receive any appreciation for cooking any new dish? Well everyone loves eating food which is tasty and can tickle their taste buds. A mouth watering dish does not even needs to be served before it vanishes off. Herbs and spices are a real solution for all the taste problems. They add flavor and aroma to the food which creates the feeling of hunger. Herbs are generally leaves of some particular plant which are known for garnishing and adorning any specialized dish whereas spices are extracted from seeds, flowers, leaves, roots and bark of aromatic plants.

Both herbs and spices have the capability to enhance the taste of the delicacy which is low in calorie content. They are used for fighting against critical health hazards like heart problems and diabetes. Many of the spices even work as antioxidants and purify the body. Herb like chicory is rich in Vitamin A and mostly eaten in salads. It provides nourishment to eyes,, and is used in treating liver disorders. The juice of curry leaves can treat morning sickness, nausea and vomiting tendency. Basil cures bronchitis, soars, mouth ulcers, headache, kidney disorders and skin infections. Fenugreek reduces fevers and cures influenza and bronchitis. The herb celery is useful in treating asthma, pleurisy, tuberculosis, leukemia and anemia.

Various spices also have medicinal properties that are used for curing different diseases. Clove is useful to ease throat irritations, tooth ache, coughing and improve digestive functions. Cumin seeds are good for piles and many other ailments. Turmeric acts as an antiseptic agent and can even cure bronchial asthma, measles, intestinal problems and chronic cough.

Article Source:
http://www.articleside.com/food-articles/prepare-delicious-recipes-with-herbs-and-spices.htm - Article Side

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For more information on a herbs and spices, check out the info available online; these will help you learn to find the a herbs spices!

Article Keywords:
herbs and spices

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