The Benefits of Spices and Herbs by Julia Roger

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Spices and herbs are well known throughout the world for their use and purpose; adding smell and flavour to food and cooking. herbs and spices mostly are vegetative substances and are derived from plants; dried roots, seeds, barks, leaves and others. Although primarily used for cooking, spices also have other uses as well; for instance, as preservatives, in rituals, and medicinal uses.

Modern science has begun to unravel the immense benefits that hide amidst various spices and herbs. Research shows that spices have the power to cure fatal diseases like cancer, diabetes, heart disease and even Alzheimerâ€™s disease. Scientists have proved that spices have the power to reverse the adverse effects of saturated fat and additional salt and sugar in diets..

India has been the mine of spices and herbs, since the ancient days to the present one. Almost all the primary and essential spices are available and exported from India to abroad. Some well known Indian spices and their benefits are

â€¢ Ginger: it helps to cure upset stomach and is also effective in combating arthritis pain.

â€¢ Cinnamon: this has proven to be a regulator of blood sugar and therefore, prevents diabetes.

â€¢ Turmeric: this acts is an excellent antibiotic and has several purposes to serve. It quells inflammation, prevents tumors, and keeps liver healthy and even cures malignant infections.

â€¢ Saffron has been a good anti-depressant and mood booster. It also helps to relieve pre-menstrual syndrome.

Thus, spices like these and there are many others which have healing and medicinal properties and can have multiple uses. Some other well known spices are sage, rosemary, parsley, cardamom, and others. These spices are rich in antioxidants and maintain the metabolic balance of the body. Some of them are even used as active ingredients in various cosmetics, ointments and face packs.

Thus, it is always advisable to add spices and herbs in the diet to utilize them to the fullest. They have the potential to prevent various fatal diseases.

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