



The background of the slide is a close-up photograph of numerous metal bowls filled with different types of spices. The colors range from bright yellow (turmeric) to deep red (paprika) and dark brown (ground coffee or cocoa). Some bowls contain more complex blends of herbs and spices. The lighting is warm, highlighting the textures of the powders and granules.

# The SPICE of Life!

How to add some “bam” to your  
palate and “zip” to your body!

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DipABLM FACLM

Objectives:

- 1) Definitions and history of herbs and spices
- 2) common herbs and spices
- 3) health benefits
- 4) uses and applications



# Herbs v Spices – definitions and facts



- Herbs: Any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume
- Does NOT have a wood stem and is usually fresh (dried only on purpose, not naturally)
- After flowering the seed-bearing plant dies down to the ground
- The largest Herb In the world: the Banana plant
- Most are earthy, floral, sweet, grassy
- *Herba* – Latin for grass, green crops
- Spices: An aromatic or pungent vegetable used to flavor food
- Dark in color
- Can have a wood stem, dried root, stalk or seed, or a dried part of the plant
- Spice – derived from *Species* - Latin term for “appearance, kind”, also comes from Old French *Espic*
- Spice – in Late Latin it was a term used as goods, wares, currency
- - “spice trade” in ancient cultures



# *A Scarborough Fair of Herbs*

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- **Parsley** – used to treat bad breath and remove bitter feelings
- **Sage** – a healing herb noted to impart immortality and wisdom
- **Rosemary** – used at weddings and funerals to symbolize love and remembrance
- **Thyme** – gives courage and used to cleanse rooms during the Middle ages and ward off nightmares
- The Scarborough fair was a 45-day trading event held in England during the late Middle Ages established by King Henry VIII. Merchants would attend the fair to sell their goods. The 4 herbs mentioned here were used to create a love potion!

[Scarborough Fair : Free Download, Borrow, and Streaming : Internet Archive](#)

# Fun Facts about Parsley:

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- Scientific name – *Petroselinum Crispum*
- One of the most popular garnishes
- Historical significance – used by the Greeks to create a garland crown for their athlete champions, also used for funeral wreaths
- Most well-known herb in American Cuisine
- Considered a superfood
- Pungent flavor
- Very hardy to grow, biennial – part of the carrot family
- Comes from the Greek meaning “Rock Celery” because it thrives on rocks and walls



# Parsley Nutrition

## VITAMINS

984 µg (820% DV)  
Phylloquinone **K**

79.8 mg (89% DV)  
Ascorbic acid **C**

253 µg (28% DV)  
Vitamin A, RAE **A**

91 µg (23% DV)  
Folate **B<sub>9</sub>**

0.059 mg (5% DV)  
Riboflavin **B<sub>2</sub>**

0.788 mg (5% DV)  
Niacin **B<sub>3</sub>**

Less than 5% DV  
vitamins: B<sub>1</sub>, B<sub>6</sub> & E

**CALORIES**  
22 kcal



1 cup: 60 g

## MINERALS

**Fe** 0.22 mg (1% DV)  
Iron

**K** 195 mg (4% DV)  
Potassium

**Ca** 11 mg (1% DV)  
Calcium

**Zn** 0.07 mg (1% DV)  
Zinc

Less than 2% DV minerals:  
Magnesium & Phosphorus

**WATER** 52.63 g   **PROTEIN** 1.78 g (4% DV)   **CARBOHYDRATES** 3.8 g (1% DV)   **FAT** 0.47 g (1% DV)   **DIETARY FIBER** 2 g (8% DV)   **SUGAR** 0.51 g (1% DV)

Sources: USDA National Nutrient Database for Standard Reference 1 April 2018  
Average Daily Values reference: NHI Dietary Supplement Label Data Base

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## PARSLEY

### Health benefits



#### Anti-inflammatory

Containing high levels of vitamin C, brewing or eating parsley can help reduce symptoms of conditions such as arthritis



#### Diuretic

Steeping the roots of parsley is thought to help those with fluid retention and related conditions



#### Bone health

High concentrations of calcium can prevent and manage osteoporosis when eaten regularly



#### Anti-microbial

The chlorophyll found in both the stems and leaves of parsley has a number of anti-microbial effects



#### Immune system

With parsley being rich in vitamin A and C, its consumption is known to lead to a strengthened immune system



### How to store



To store, trim the stems and place in water either at room temperature or in the fridge for up to two weeks



Only wash just before use as the leaves are fragile and can be easily damaged



Freeze parsley by placing washed and dried parsley into a freezer bag, rolling it up tightly to remove the air and place in the freezer

### Did you know?



Parsley was used in ancient Rome to lessen symptoms of a hangover



The ancient Greeks thought that parsley originated from the blood of Archimedes after he slayed a dragon



Parsley is often used in soaps and lotions designed to combat dry skin

# Fun Facts about Sage

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- Scientific name: *Salvia officinalis*
- Historical significance:
- Native to the Mediterranean
- Grows as a woody perennial shrub
- Has a very earthy flavor and aroma
- “sage” is used to refer to one who is wise or learned
- *Salvia* = to be in good health *Officinalis* = pharmacy
- Compounds found in Sage may act as anti-inflammatory, neuroprotective, and anti-cancer



## Top 5 Health Benefits of Sage



- ✓ Aids in digestion
- ✓ Boosts the immunity
- ✓ Rich source of antioxidants
- ✓ May help improve oral health
- ✓ Helps reduce blood sugar levels

  
www.organicfacts.net

## Sage

- ✓ Cholesterol-Free
- ✓ Sodium-Free
- ✓ Low-Calorie
- ✓ Fat-Free

Often used in alternative medicine for its antioxidant and anti-inflammatory properties



0.8g  
FIBER

(per tablespoon, ground)

0.3g  
FAT

1.2g  
CARBS

0.2g  
PROTEIN

6.3  
CALORIES





# Fun Facts about Rosemary

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- Scientific name: *Salvia Rosmarinus officinalis*
- Historical significance: used as a symbol during war commemorations and funerals in Europe and Australia
- Has been around since B.C, used to be burned during the Middle Ages to scare away evil spirits and disinfect the surroundings
- Grows as a bush with needle like leaves and purple flowers
- Can be used as an aromatic in soups, stews, potatoes, salad dressings
- Rosemary oil (great with mint or eucalyptus for the scalp/sore muscles, promote hair growth, stimulate the immune system and improve memory)



## Rosemary - Nutritional Facts per 100 g

### Nutrients mg Percentage

Folates	109 µg	27%
Niacin	0.912 mg	6%
Pantothenic acid	0.804 mg	16%
Pyridoxine	0.336 mg	26%
Riboflavin	0.152 mg	12%
Thiamin	0.036 mg	3%
Vitamin A	2924 IU	97%
Vitamin C	21.8 mg	36%
Sodium	26 mg	2%
Potassium	668 mg	14%
Calcium	317 mg	32%
Copper	0.301 mg	33%
Iron	6.65 mg	83%
Magnesium	91 mg	23%
Manganese	0.960 mg	42%
Zinc	0.93 mg	8.5%



## WHY YOU MUST EAT ROSEMARY

stepintomygreenworld.com



*NOTE: Take with care and talk to your health practitioner or a qualified expert in the field of botanical medicine.*



### ANTI-INFLAMMATORY

Contains carnosic acid and carnosol which are natural anti-inflammatory agents

### ANTIBACTERIAL

Antibacterial powers against *H. pylori* which causes stomach ulcers

### CANCER FIGHTER

Studies suggest that carnosol content may prevent tumors from forming

### IMMUNE BOOSTER

Strengthens immune system due to antioxidant & anti-carcinogenic benefits

### LIVER DETOX

Used to treat liver issues for centuries due to its liver detoxifying properties

### MEMORY BOOSTER

Carnosic acid has neuroprotective properties and may improve memory

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# Fun Facts about Thyme

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- Scientific Name *Thymus vulgaris*
- Part of the Mint family
- Native to southern Europe but cultivated almost everywhere
- Comes from the Greek word *Thymos* = courage/strength
- Historical significance – was used by Egyptians for embalming, was also burned as incense as a source of courage and used in bath water
- Helps bacterial and fungal infections, can be used for cough, hair loss



## HEALTH BENEFITS OF THYME Organic Facts

- Rich in anti-fungal and antioxidant properties
- Aids in improving heart health
- Provides relief from stress
- Boosts immune system
- Improves blood circulation
- Beneficial in improving vision
- Aids in curing respiratory ailments such as bronchitis and seasonal allergies

Caution: Avoid excess intake if suffering from sensitive stomach as that may cause gastrointestinal distress

[www.organicfacts.net](http://www.organicfacts.net)

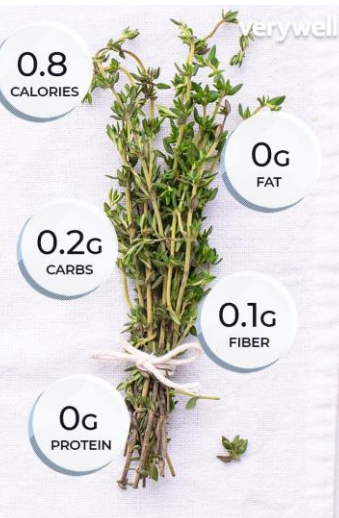


## Thyme

- ✓ Cholesterol-Free
- ✓ Sodium-Free
- ✓ Fat-Free
- ✓ Low-Calorie

Though its purported health benefits lack evidence, thyme is a great addition to many meals to add flavor

(per teaspoon, fresh)



## Thyme - Nutritional Facts per 100 g

### Nutrients mg Percentage

Folates	45 mcg	11%
Niacin	1.824 mg	11%
Pantothenic acid	0.409 mg	8%
Pyridoxine	0.348 mg	27%
Riboflavin	0.471 mg	36%
Thiamin	0.48 mg	4%
Vitamin-A	4751 IU	158%
Vitamin-C	160.1 mg	266%
Sodium	9 mg	0.5%
Potassium	609 mg	13%
Calcium	405 mg	40.5%
Iron	17.45 mg	218%
Magnesium	160 mg	40%
Manganese	1.719 mg	75%
Manganese	106 mg	15%
Zinc	1.81 mg	16.5%



## Culinary Herbs



**Oregano**

*Origanum vulgare*  
Uses: vegetables, roast beef, lamb, chicken, pork, fish, stuffing, pizza, soup, bread



**Dill**

*Anethum graveolens*  
Uses: fish, meat, sauce, vegetables, pickles, soups, stews, dips, potatoes, bread



**Parsley**

*Petroselinum crispum*  
Uses: egg, fish, poultry, veal, pork, vegetables, potatoes, pasta, soup  
Combine With: chives, chervil, tarragon (likes herbs), basil



**Chervil**

*Anthriscus confoliatum*  
Uses: soup, omelette, roasted chicken, salad, dressing, fish (add fresh leaves toward the end to preserve flavor)  
Combine With: parsley, chives, and tarragon (likes herbs)



**Thyme**

*Thymus vulgaris*  
Uses: fish, poultry, soup, eggs, tomatoes, lamb, veal, croquette  
Combine With: parsley, bay, rosemary



**Sage**

*Salvia officinalis*  
Uses: pork, poultry, lamb, sausage, stuffing, salad, cheese, vegetables, seafood, bread



**Chives**

*Allium schoenoprasum*  
Uses: potatoes, omelette, pasta, soup, salad, chicken, spreads  
Combine With: parsley, chervil, tarragon (likes herbs)



**Tarragon**

*Artemisia dracunculifolia*  
Uses: egg, poached fish, mushroom, vegetables, chicken, salad dressing  
Combine With: parsley, chervil, chives (likes herbs)



**Basil**

*Ocimum basilicum*  
Uses: tomatoes, pasta, sauce, pizza, pasta, salad  
Combine With: garlic, parsley



**Cilantro (Coriander)**

*Coriandrum sativum*  
Uses: Mexican cuisine, salsa, soup, stew, chicken, rice, curry, avocado, tomato  
Combine With: cumin, curry, onion



**Rosemary**

*Rosmarinus officinalis*  
Uses: lamb, pork, veal, chicken, potatoes, vegetables, squash, salad dressing, bread  
Combine With: Italian herbs



**Mint**

*Mentha spp.*  
Uses: lamb, vegetables, yogurt dressing, bread, cord tea, soup, fish, poultry, desserts

# Some of my Favorite Herbs to use!

- Cilantro (coriander seeds/Chinese Parsley)
- Tarragon (French, Mexican, or Russian)
- Basil – (Sweet – common, or spicy)
- Oregano – (Greek or common)
- Dill – Bouquet, Fernleaf, Hercules
- Mint – (so many varieties! My favorite is Chocolate and a pineapple variety!)
- Chives – garlic or regular – can be used as garlic/onion support for any recipe.
- These herbs are very easy to grow and are “staples” in my garden and home



# Health Benefits of my favorite Herbs

- **Cilantro (coriander seeds)** – detox of heavy metals, helps GI/IBS – is a superfood. Great in curry/thai foods and salsas
- **Tarragon** – anti-inflammatory. Was used to dull toothaches in Ancient Greece (contains a compound Eugenol – type of anesthetic)
- **Basil** – anti-oxidant, aids digestion, ursolic acid helps with liver health. Good source of calcium, magnesium and iron. Can use it in anything!
- **Oregano** – used as an antiseptic, symbol of joy in Greek mythology. Hippocrates noted its medicinal use extensively. Used for respiratory and digestive health. Also used to chew Greek Salad! Meatballs, soups,
- **Dill** – used by Egyptians, means to soothe or lull (*dylla*). Roman history - symbol of good luck, To the Greeks, signified Health. Puritans gave to kids to chew as appetite suppressant. Useful in stimulating breast milk and alleviating colic (like milk thistle)Used in Pickling. Tzatziki (Greek yogurt dip with cucumbers), breads, sauces for fish, dill pickles
- **Mint** – universal remedy for colds, tummy, aches, tension. Many varieties, helps bad breath, Tea and honey, yogurt, keftedes (Greek meatballs/vegetarian balls)
- **Chives** – improves memory function (choline and folate), works as expectorant, antibacterial/anti-inflammatory . Can use with just about anything savory (potatoes, sauces, stews soups)

# How to grow and how to store Herbs





A MELANGE OF SEASONINGS! MIX N MAKE SOME CHEMISTRY HAPPEN IN YOUR KITCHEN!





AND NOW TO  
KICK THINGS UP  
A NOTCH!



# Spices – keep it hot!

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- They are the “yang to the yin of herbs” (herbs are calming, earthy, whereas spices ignite, fire up, hit your taste buds!)
- Herbs are focused in Mediterranean cultures, whereas Spices were the hallmark of Asian, Indian, and Middle East cultures
- 8<sup>th</sup> century BC are first known documents of spices utilized
- **Ayurvedic Medicine** – Tumeric, Cumin, asafetida (hing), black pepper, cardamom, ginger, cinnamon, nutmeg, licorice root, and cayenne. There are Warming dipanas (ginger, black pepper, hing, cinnamon and cayenne) and Cooling (coriander, cumin, fenugreek, and fennel) Dipanas are medicines that ignite Agni, the metabolic fire
- **Spice blends** – they come together in a variety of ways (garam masala in Indian, Chinese 5 spice, Thai curry, etc) and can be used as a compound to improve the taste of foods (they were used to mask spoiled foods) and protect health (aid in digestion of spoiled foods)



# Cinnamon

- Scientific name: *Cinnamomum verum* – bushy evergreen tree of the laurel family
- Can be used ground or as a stick (grows as a tree) – one of the most widely used/first known spices
- Originated in Sri Lanka (world's largest producer of Ceylon cinnamon) and China, Ancient Egyptians were first to adapt its use. It was used by Romans and burned at funerals, during spice trade, Europe adapted it for use in foods
- In India it is used in Ayurvedic medicine as a warming/digestive aid
- It is a symbol of wealth, luxury and was a diplomatic gift between rulers
- Christopher Columbus/Vasco da Gama – in search of “spice islands” to explore the origin of this spice (Portugal succeeded in controlling the cinnamon trade → Cinnamon War between the Dutch and Portuguese)



## Cinnamon - Nutritional Facts per 100 g

### Nutrients mg Percentage

Folates	6 µg	1.5%
Niacin	1.332 mg	8%
Pantothenic acid	0.358 mg	7%
Pyridoxine	0.158 mg	12%
Riboflavin	0.041 mg	3%
Thiamin	0.022 mg	2%
Vitamin A	295 IU	10%
Vitamin C	3.8 mg	6%
Vitamin E	10.44 mg	70%
Vitamin K	31.2 µg	26%
Sodium	10 mg	<1%
Potassium	431 mg	9%
Calcium	1002 mg	100%
Copper	0.339 mg	38%
Iron	8.32 mg	104%
Magnesium	60 mg	15%
Manganese	17.466 mg	759%
Phosphorus	64 mg	9%
Zinc	1.83 mg	17%



# 13

## Health Benefits Of CINNAMON



- High source of antioxidants
- Has anti-inflammatory properties
- Protects heart health
- Fights diabetes
- Helps defend against cognitive decline & protects brain function
- May help lower cancer risk
- Fights infections & viruses
- Protects dental health & freshens breath naturally
- May help prevent or combat candida
- Benefits skin health
- Helps fight allergies
- Can be used to sweeten recipes without added sugar
- Can be used as a natural food preservative



**Parts used:** bark (prepared as sticks, chips, powder, or essential oil), twigs, dried flowers.

**Plant properties:** aromatic stimulant, warming, demulcent, sweet, astringent, anodyne, hypoglycemic, anti-oxidant, antimicrobial

**Used for:** toothache, diarrhea, move blood, infections, arthritis, insulin resistance, colds/flu, pain

**Plant Preparations:** decoction, tincture, culinary, powder

Learn more at [www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)





# Nutmeg

Scientific name: *Myristica fragrans*

Historical use: Originated in Indonesia from the island of Pulau Ai (Banda Islands), was traded during 1500 BC between Australia and Indonesia. Use spread to India in 6<sup>th</sup> century AD, then further into Eastern Europe. Arab traders monopolized on the origin of the tree/spice

Medicinal use: part of Ayurvedic medicine, digestive aid, topical pain relief, neuro health. Myristicine, an active ingredient, can be neurotoxic. It has antioxidant, and anti-inflammatory properties

Fun facts: Connecticut may have received its nickname “the nutmeg state”/ “nutmegger” from the claim that some traders would create fake nutmeg out of wood (wooden nutmeg) which would become a term indicating fraud.

The word Nutmeg comes from “nois muguete” – old French origin which translates to “the nut smelling like musk”

Used in – vanilla custards, meat dishes, chai tea, pies, cakes, and stews

## Nutmeg - Nutritional Facts per 100 g

### Nutrients mg Percentage

Folates	76 µg	19%
Niacin	1.299 mg	8%
Pyridoxine	0.160 mg	12%
Riboflavin	0.057 mg	4%
Thiamin	0.346 mg	29%
Vitamin-A	102 IU	3.5%
Vitamin C	3 mg	5%
Sodium	16 mg	1%
Potassium	350 mg	7.5%
Calcium	184 mg	18%
Copper	1.027 mg	114%
Iron	3.04 mg	38%
Magnesium	183 mg	46%
Manganese	2.900 mg	126%
Phosphorus	213 mg	30%
Zinc	2.15 mg	20%



## Nutmeg Benefits

Add pinch of Nutmeg in milk/water/tea

- Promotes sound sleep
- Facilitates digestion
- Reduces tooth ache
- Reduces menstrual cramps
- Reduces fatigue
- Enhances mood
- Improves oral health
- Brain tonic
- Anti inflammatory
- Improves blood circulation





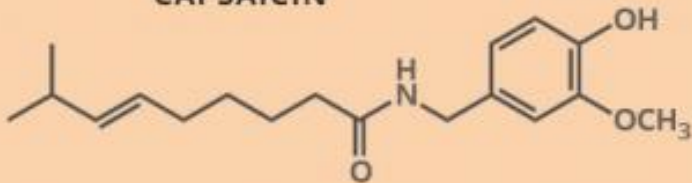
# Cayenne Pepper

- Scientific name: *Capsicum annuum*
- Origin: French Guiana, but was also found in central and south America. Currently found globally
- - part of the nightshade family. It is a fruit
- - Capsaicin (oil like compound in the white membrane around the seeds) – used as topicals in pain relief creams, also helps digestion and heart health, decongestant, detox.
- Warning –it can burn the skin/eyes!
- Scoville units 30,000 – 50,000 heat units
- The hottest is the Carolina reaper at 1.4 million to 2.2 million heat units! OUCH!

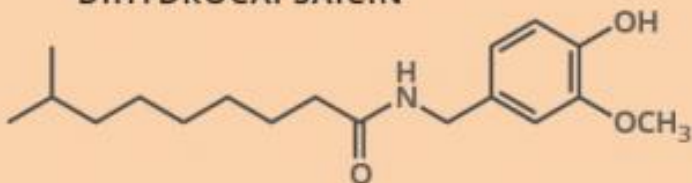


# CAPSAICINOIDS

CAPSAICIN



DIHYDROCAPSAICIN



The spiciness of chillis is due to the presence of compounds called capsaicinoids. The two compounds above are the main capsaicinoids in chilli peppers. They cause a burning sensation when they come into contact with mucous membranes, due to their interaction with pain and heat sensing neurons.

Capsaicin is also used in some brands of pepper spray, and studies have shown it may be capable of killing prostate and lung cancer cells. It is toxic in large quantities.



# THE SCOVILLE HEAT INDEX



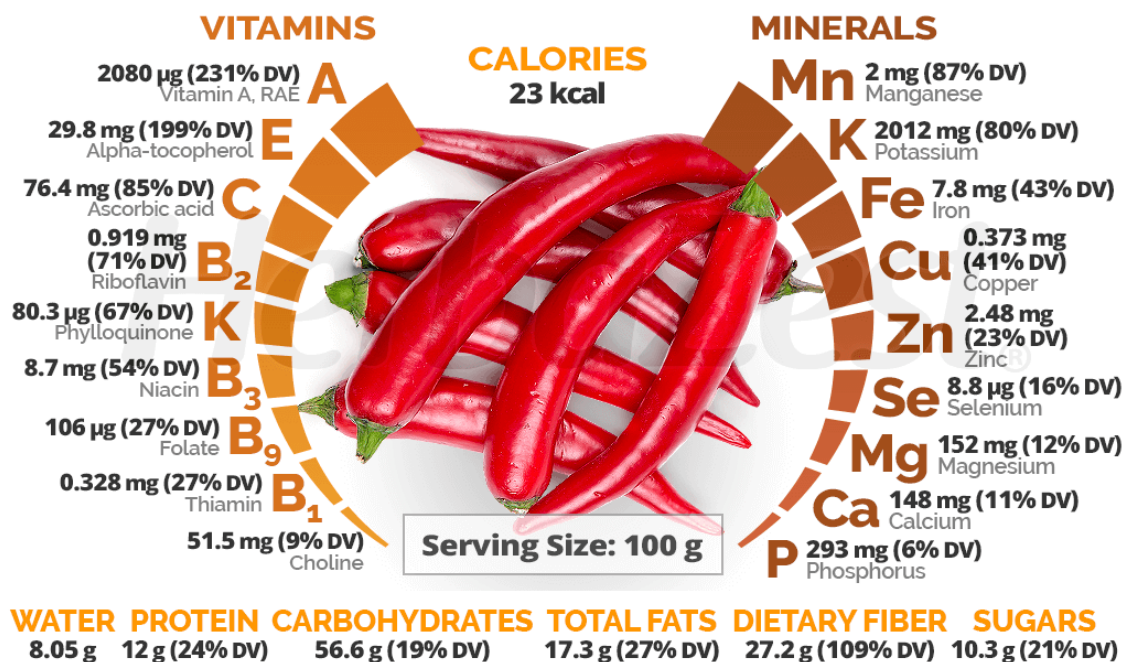
The Scoville scale is a taste detection based method for rating the heat of chilli peppers. A measured amount of pepper extract has sugar added to it incrementally until the heat is undetectable through taste. Though it is an imprecise method, it has been estimated that 1 unit of

# Scoville Chart



Scoville Heat Units	Heat Rating	Pepper Varieties
15-16,000,000		Pure Capsaicin
2-5,300,000		Standard U.S Grade Pepper Spray
2,200,000		Carolina Reaper
2,009,231		Trinidad Moruga Scorpion
1,463,700		Trinidad Scorpion Butch T
800,000-1,001,300		Bhut Jolokia or "Ghost Pepper"
350,000-575,000		Red Habanero
250,000-400,000		White Bullet Habanero
150,000-325,000		Orange Habanero
100,000-300,000		Datil
50,000-100,000		Thai
15,000-50,000		Pencil Hot
12,000-30,000		Manzano
8,000-22,000		Serrano
5,000-15,000		Hungarian Wax Pepper
5,000-15,000		Caribe
2,500-10,000		Red Fresno
2,500-8,000		Jalapeno
2,500-5,000		Cherry Bomb
1,000-5,000		Hatch Chile
500-2,500		Anaheim
500-2,000		Padron
1,000-2,000		Poblano
500-1,000		Santa Fe
100-1,000		Italian Long Hot
100-1,000		Shishito
100-500		Pepperoncini
0-1,000		Cubanelle
0 (NO HEAT)	X	Gypsy Pepper
0 (NO HEAT)	X	Bell Pepper

# Cayene Pepper\* Nutrition



\*Nutrient data for: Spices, Pepper, red or Cayene Source: USDA National Nutrient Database  
Average Daily Values reference: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170932/nutrients>

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## Benefits of Cayenne Pepper



Helps to stimulate the blood flow

Relieves respiratory problems and sore throat

Helps to avoid stomachaches, gas and cramps

Aids in clearing mucus from nose and lungs

Smelling cayenne pepper helps to cure headaches

Helps to reduce cholesterol levels in the blood

Beneficial in weight loss and prevents atherosclerosis

CHILI PEPPER

CAYENNE PEPPER



143.7 mg	Vitamin C	76.4 mg
5.3 g	Sugars	10.34 g
23 µg	Folate, total	106 µg
10.9 mg	Choline	51.5 mg
0.506 mg	Vitamin B6	2.45 mg
14 µg	Vitamin K	80.3 µg
322 mg	Potassium	2014 mg
23 mg	Magnesium	152 mg
43 mg	Phosphorus	293 mg
1.244 mg	Vitamin B3	8.701 mg

The nutrient name is displayed in the color of the food we considered as 'winner'.  
 The amounts are specified per 100 gram of the product.  
 The infographic aims to display only the significant differences, ignoring minor ones.  
 The main source of information is USDA Food Composition Database.

BLACK PEPPER

CAYENNE PEPPER



12.753 mg	Manganese	2 mg
1.33 mg	Copper	0.373 mg
443 mg	Calcium	148 mg
163.7 µg	Vitamin K	80.3 µg
9.71 mg	Iron	7.8 mg
171 mg	Magnesium	152 mg
25.3 g	Fiber	27.2 g
1329 mg	Potassium	2014 mg
4.9 µg	Selenium	8.8 µg
158 mg	Phosphorus	293 mg

The nutrient name is displayed in the color of the food we considered as 'winner'.  
 The amounts are specified per 100 gram of the product.  
 The infographic aims to display only the significant differences, ignoring minor ones.  
 The main source of information is USDA Food Composition Database.

PERSIMMON

CAYENNE PEPPER



66 mg	Vitamin C	76.4 mg
2.5 mg	Iron	7.8 mg
27 mg	Calcium	148 mg
310 mg	Potassium	2014 mg
26 mg	Phosphorus	293 mg

The nutrient name is displayed in the color of the food we considered as 'winner'.  
 The amounts are specified per 100 gram of the product.  
 The infographic aims to display only the significant differences, ignoring minor ones.  
 The main source of information is USDA Food Composition Database.



# Cardamom

- Scientific Name - derived from the [Latin](#) *cardamōmum*, as a [Latinisation](#) of the [Greek](#) καρδάμωμον (*kardámōmon*)
- Origin: Native to The Western Ghats, India, and Indonesia, it was discovered in the 4<sup>th</sup> century BC by a Greek philosopher (Theophrastus).
- Two types – black and green, green being one of the most expensive spices
- History – Dominated the trade industry – expensive. The ancient Greeks thought highly of cardamom, and the Greek physicians [Dioscorides](#) and [Hippocrates](#) wrote about its therapeutic properties, identifying it as a digestive aid
- Fun Facts – Guatemala is the largest producer. It is in the same family as ginger and turmeric (*Zingiberaceae*)
- Usage – in Lebanese coffee, chai teas, persian desserts, sweets and perfumes

# Cardamom - Nutritional Facts per 100 g

## Nutrients mg Percentage

Niacin	1.102 mg	7%
Pyridoxine	0.230 mg	18%
Riboflavin	0.182 mg	14%
Thiamin	0.198 mg	16.5%
Vitamin A	0 IU	0%
Vitamin C	21 mg	35%
Sodium	18 mg	1%
Potassium	1119 mg	24%
Calcium	383 mg	38%
Copper	0.383 mg	42.5%
Iron	13.97 mg	175%
Magnesium	229 mg	57%
Manganese	28 mg	1217%
Phosphorus	178 mg	25%
Zinc	7.47 mg	68%



# BENEFITS OF CARDAMOM



## WEIGHT LOSS

Cardamom contains certain nutrients that help the body burn calories and also manage fat and weight more effectively, resulting in weight loss.



## LIVER

Studies have shown the positive effects that cardamom can have on the liver, preventing enlargement and risk of fatty liver disease.



## NAUSEA

Studies have shown how cardamom can have an effect on relieving nausea, particularly for post surgery patients using aromatherapy methods.



## ACID REFLUX

When it comes to issues with acid reflux, cardamom has been shown to have positive effects and to help reduce it.



## ANXIETY

There have been studies that have shown how cardamom has the potential to help reduce and even prevent the onset of anxiety, creating a calming effect.



## DIGESTION

Cardamom contains specific antioxidants that have been shown to help digestive troubles, improve pancreatic health and smooth out the intestinal lining.



## SKIN

There are studies that have been done on mice skin that have shown how cardamom extracts may potentially have the ability to reduce non-melanoma skin cancer.



## INFLAMMATION

Studies have shown how the antioxidants contained in cardamom can help soothe and reduce inflammation throughout the body, providing some relief.



## TEETH

Cardamom has shown to have impressive effects on oral health and can help combat and prevent the development of bacteria in the mouth that can otherwise lead to cavities or infection.



## DIABETES

Cardamom has shown to be able to lower blood pressure and therefore, help people who struggle with or have the risk of developing diabetes.

# GINGER

- Scientific Name: *Zingiber officinale*
- **A flowering plant whose root is used as a spice and in folk medicine. From the Zingiberaceae family of plants**
- Origin – 14<sup>th</sup> century it was named from Old English “gingifer” from the Greek “zingiberis”. Is cultivated (not wild) and grows mainly in Indonesia/Asian/Australian tropical areas
- History The rhizomes and the leaves were used to flavour food or eaten directly. The leaves were also used to weave mats. Aside from these uses, ginger had religious significance among Austronesians, being used in rituals for healing and for asking protection from spirits. From India, ginger was carried by traders into the Middle East and the Mediterranean by around the 1st century CE
- Fun Facts - The word “ginger” comes from the Sanskrit word “srngaveram,” which means “horn root” because of its shape.
- China is the largest producer of ginger, followed by India and Indonesia.
- Ginger is actually a rhizome, not a root. A rhizome is an underground stem.
- You can grow ginger from rhizomes found at grocery stores.
- Mature ginger rhizomes, ones most commonly sold in grocery stores, are harvested after 10-12 months.
- Usage – used in chai tea, as a powder for curry, Asian foods, used in soups. It is a warming spice. Used in combination for other spices (Chinese 5 spice, garam masala)
- Used to help the gut/GI symptoms. Main bioactive compound is Gingerol







# Ginger

## Nutrition Facts & Health Benefits

### Nutrition Facts

Serving Size: 100g

Amount Per Serving

Calories 80

% Daily Value\*

Total Fat 0.75g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 17.77g

Dietary Fiber 2g 7%

Sugars 1.7g 3%

Protein 1.82g

Calcium 16mg 1%

Iron 0.6mg 3%

Potassium 415mg 9%

Zinc 0.34mg 3%

Vitamin C 5mg 6%

Vitamin K 0.1µg 0%

\* Percent Daily Values are based on a 2000-calorie diet.

# GINGER

## Benefits

1 Restrain the growth of many types of oral bacteria

2 Acts against the Respiratory syncytial virus (RSV virus)

3 Reduce blood cholesterol level



4 Reduce blood sugar

5 Reduces the risk of cancer

6 Reduces the risk of Alzheimer's

**Active Ingredient**  
Gingerol

### Home Remedy

- Indigestion
- Menstrual pain
- Relieves the symptoms of Osteoarthritis



# GARAM | MASALA

Common Spice mixes used to Jazz things up



# Chinese 5 spice

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cinnamon



star anise



peppercorn



fennel seeds

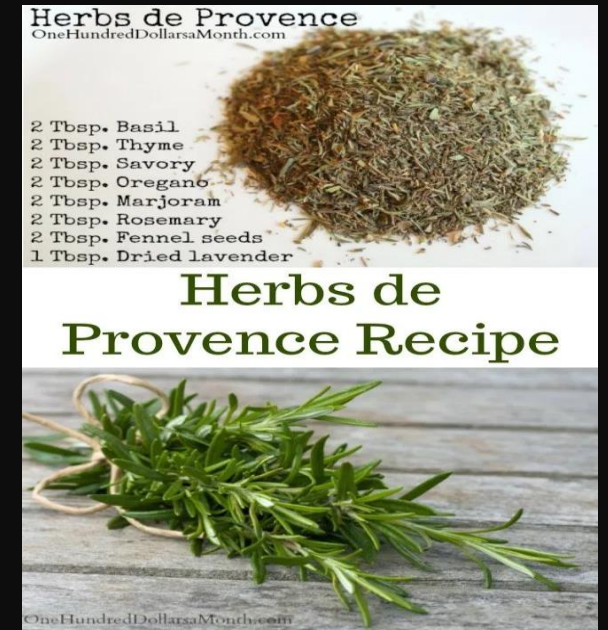
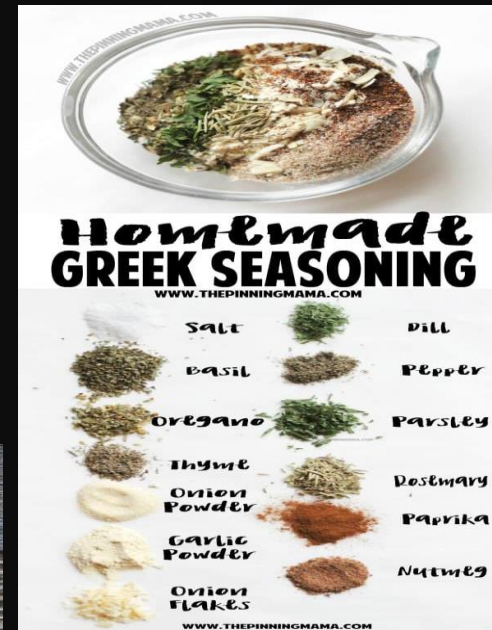


cloves



# Other types of spice mixes

- Greek Mix -
- Italian seasoning -
- Herbs de Provence -
- Curry –
- Za-Atar seasoning -





# All Spice Mix

Spices from across the world!





# resources

- [Homemade Spice Mixes and Seasoning Blends: 33+ DIY Recipes \(bakeitwithlove.com\)](https://www.bakeitwithlove.com)
- The Power Of Herbs and Spices – Cooking your way to better Health – Crystal Pace MS RD
- [www.anticancerlifestyle.org](http://www.anticancerlifestyle.org)
- [www.lifestylemedicine.org](http://www.lifestylemedicine.org)
  
- Jiang TA. Health benefits of culinary herbs and spices. *Journal of AOAC International*. 2019;102(2):395-411. doi:10.5740/jaoacint.18-0418
- Opara E, Chohan M. Culinary herbs and spices: Their bioactive properties, the contribution of polyphenols and the challenges in deducing their true health benefits. *International Journal of Molecular Sciences*. 2014;15(10):19183-19202. doi:10.3390/ijms151019183
- [Best 101 Herbs and Spices for Healing - Dr. Axe \(draxe.com\)](https://www.draxe.com)
- [Zingiber officinale Root Capsule Extract Synergistically Enhance the Anti-Inflammatory Effects of Diclofenac Sodium in Experimental Acute Inflammation - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)





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