

The SPICE of Life –
From Hippocrates to
Homeopathy to
Healing!

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

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HELLO
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DISCLAIMER and DISCLOSURES

I have no personal or professional disclosures (Other than my daughter Nina loves donuts!)



Objectives:

- 1) The history of herbs and spices/
Hippocrates Apothecary
- 2) Definitions of herbs and spices
- 3) Common herbs and spices and health
benefits and nutritional breakdown
- 4) Common uses, potential side effects,
and cultural implications
- 5) Shared medical decision making with
passionate patients who use
homeopathy



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WHO WAS THE FIRST?

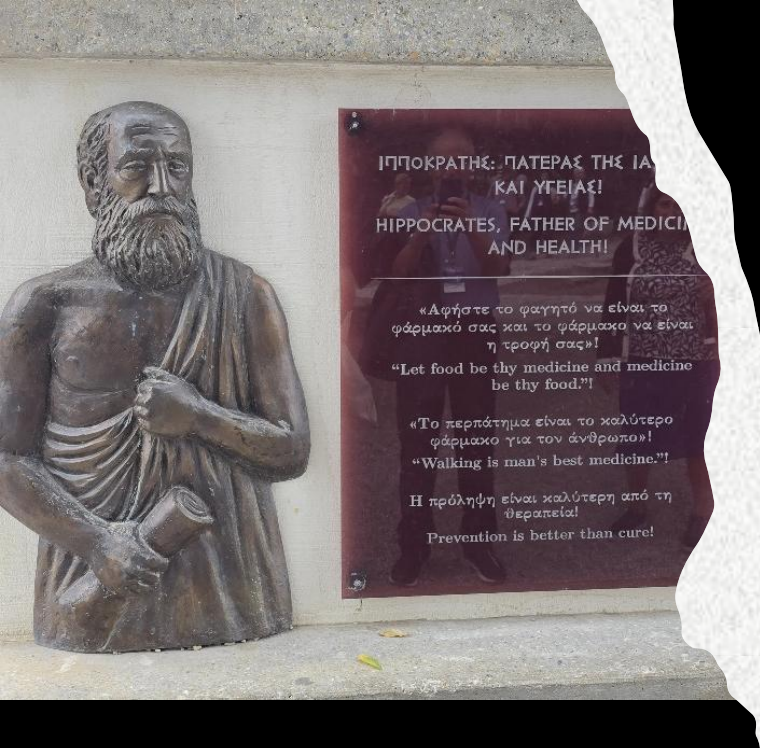
The first written record of medicinal plants was created on clay tablets over 5,000 years ago by the Sumerians, in ancient Mesopotamia, which described a dozen herbal recipes calling for the use of over 250 plants (Petrovska, 2012).

Ebers Papyrus

Around 1500 BCE the Ancient Egyptians wrote the *Ebers Papyrus* which listed over 850 herbal medicines. This wasn't the first written document on herbalism and medical practice from the early Egyptians, but it survived intact and contains many different recipes and formulations including many herbs that we recognize and use today, such as cumin, coriander, garlic, willow, frankincense, cedar, aloe, and henna (Abou El-Soud, 2010).

[Herbal History](http://theherbalacademy.com/herbal-history) <http://theherbalacademy.com/herbal-history>





ΙΠΠΟΚΡΑΤΗΣ: ΠΑΤΕΡΑΣ ΤΗΣ ΙΑΤΡΙΚΗΣ
ΚΑΙ ΥΓΕΙΑΣ!
HIPPOCRATES, FATHER OF MEDICINE
AND HEALTH!

«Αφήστε το φαγητό να είναι το
φάρμακό σας και το φάρμακο να είναι
η τροφή σας»!

“Let food be thy medicine and medicine
be thy food.”!

«Το περπάτημα είναι το καλύτερο
φάρμακο για τον άνθρωπο»!

“Walking is man's best medicine.”!

Η πρόληψη είναι καλύτερη από τη
θεραπεία!

Prevention is better than cure!

To understand wellness, we must understand the underlying cause of disease

Hippocrates was the first to regard disease as a natural, rather than a supernatural phenomenon. He encouraged looking at the empiric/root cause and studying how illness arises through observation and critical deductive reasoning – rather than “supernatural” causes – epilepsy caused by the gods being angry - as some priests believed

While Hippocratic thought is notable for both its written record and its separation of physical and religious treatment of illness, it didn't arise out of nowhere; Hippocrates, like other Greek physicians, drew on his forerunners in medicine, which almost certainly included knowledge and practice handed down from ancient Chinese, Indian, and Egyptian healing systems





Ο ΙΠΠΟΚΡΑΤΗΣ (460 π.χ. - 370 π.χ.)
 THE HIPPOCRATES (460 B.C. - 370 B.C.)

ΩΝΟΙ ΤΟΥ (ΤΙΤΟΒΗΗ)

Η πιο διάσημη θεωρία σε βάσει της οποίας οι άνθρωποι είναι υγιείς ή αρρώστοι εξαρτάται από το αν οι τέσσερις χυμοί του σώματος είναι σε ισορροπία. Ο Ιπποκράτης θεωρούσε ότι η υγεία εξαρτάται από την ισορροπία των τεσσάρων χυμών: αίμα, φλέγμα, κίτρινη και μαύρη χολή. Η ασθένεια οφείλεται στην ανισορροπία τους.

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HIPPOCRATES, FATHER OF MEDICINE AND HEALTH

« Αφήστε το φαγητό να είναι το φάρμακό σας και το φάρμακό σας να είναι η τροφή σας »!
 "Let food be thy medicine and medicine be the food!"

« Το περπάτημα είναι το καλύτερο φάρμακο για τον άνθρωπο »!
 "Walking is man's best medicine!"

Η πρόληψη είναι καλύτερη από τη θεραπεία!
 Prevention is better than cure!

ΙΠΠΟΚΡΑΤΙΚΗ ΦΥΣΙΟΛΟΓΙΑ

Η Φύσης είναι η Ζωτική Δύναμη

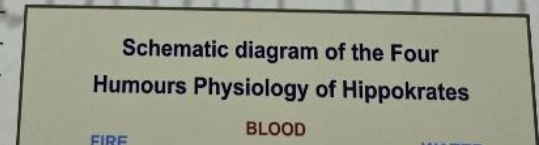
HIPPOCRATIC PHYSIOLOGY

Nature is the Vital Force

Η Ιπποκρατική παθολογία ήταν επίσης πολύ αναπτυγμένη. Ο Ιπποκράτης θεωρούσε τον ασθενή, και όχι την ασθένεια, κέντρο του ενδιαφέροντος. Όταν ασθενούσε κάποιος, θεωρούσε ότι έπασχε ολος ο οργανισμός και όχι μόνο το επί μέρους όργανο.

Είχε την άποψη ότι η ανθρώπινη φύση αποτελείται από τέσσερις «χυμούς»: το αίμα, το φλέγμα, την κίτρινη και τη μαύρη χολή.

Hippocratic pathology is considered quite advanced. Hippocrates regarded the patient and not the disease or the organ as the centre of interest. According to him, the whole organism contains four humours (blood, yellow bile and black bile) corresponding to the four elements (earth, fire, water, air). These humours are



Fun Ancestral Facts

- Hippocrates is often credited with saying the famous quote Let Food be thy Medicine and medicine be thy food. However, it is not found in his writings as it is thought to be an adaptation of his philosophies
- Hippocrates believed in balancing the 4 humors (blood, phlegm, yellow bile and black bile) through using herbal remedies.
- He utilized over 400 herbal medicines
- Theophrastus – “father of Botany” wrote extensive treatises on the medicine properties on hundreds of plants and herbs
- Egyptian priests and physicians – viewed herbs as sacred
- Philosopher Marsilio Ficino believe that herbal and spiced fragrances could “restore and invigorate the human spirit
- (ref:McCormickscienceinstitute.com)



Greek Lesson: Homeopathy

- Originated in late 1700 (18th century) by Samuel Hahnemann in Germany
- Prominent in 19th Century (Constantine Hering established use in the US)
- practices an alternative medical system based on the notion of “like cures like”.
- It uses highly diluted substances (plants, minerals, animals) to promote self-healing and follows the “law of minimum dose”
- FDA regulation process is not the same premarket approval process as conventional medications have in the US
- Major studies and papers have noted that homeopathy is not effective for treating specific conditions and are often regarded as placebo



Greek Lesson: Apothecary

apotheca – a place for storing spices, herbs and wine.

Worshipful Society of Apothecaries founded in 1617 in London to separate from the Guild of Pepperers (grocers)

Used Scales and weights, alchemical tools, and glass jars to store powders and wares

Transition to pharmacies happened in the early 19th century along with regulations phasing out traditional apothecaries



OTC Herbal Remedies:



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

- **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:

- 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 **B₉**

0.059 mg (5% DV)
Riboflavin **B₂**

0.788 mg (5% DV)
Niacin **B₃**

Less than 5% DV
vitamins: B₁, B₆ & 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

HerbaZest®

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

- 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)

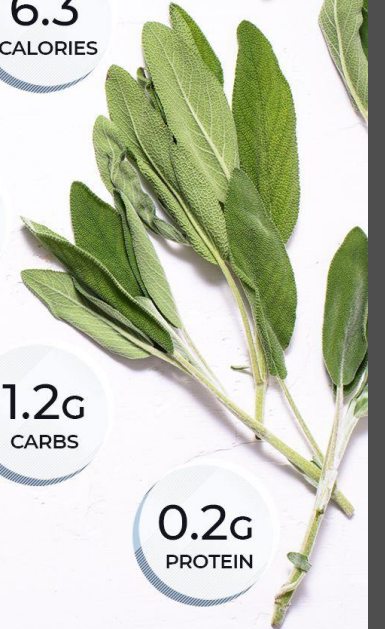
0.3g
FAT

1.2g
CARBS

0.2g
PROTEIN

6.3
CALORIES

verywell



Fun Facts about Rosemary

- 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

- 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



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)

0.8
CALORIES

0g
FAT

0.2g
CARBS

0.1g
FIBER

0g
PROTEIN



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 (lines herbs), basil



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



Tarragon
Artemisia dracunculifolia
Uses: egg, poached fish, mushroom, vegetables, chicken, salad dressing
Combine With: parsley, chervil, chives (lines 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, woodruff



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!



Evidence based summaries:

- Evidence based studies on herbs and spices have shown a range of health benefits, including:
 - **Antioxidant properties:** Herbs and spices contain phytochemicals that can reduce oxidative stress and inflammation, which are linked to chronic diseases
 - **Gut microbiota modulation:** Consumption of herbs and spices can influence gut microbiota characteristics, potentially preventing or managing age-related declines in health.
 - **Culinary use:** Incorporating herbs and spices into meals can help reduce high blood pressure and other heart problems related to excessive salt intake.
 - **Phytochemical involvement:** Research indicates that specific phytochemicals in herbs and spices are involved in their therapeutic effects, suggesting a potential for targeted dietary recommendations.

[evidence based studies regarding herbs and spices - Search](#)



Evidence Based Practice



AND NOW TO
KICK THINGS UP
A NOTCH!



Spices – keep it hot!

- 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
- 8th 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 (worlds 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% |



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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





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 6th 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



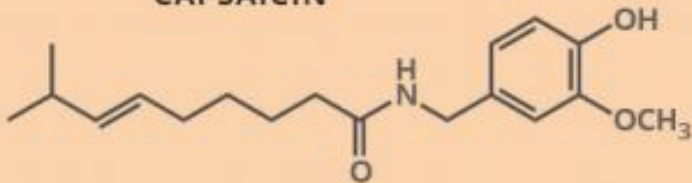


Cayenne Pepper

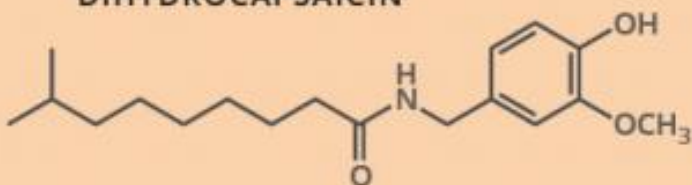
- Scientific name: *Capsicum annuum*
- Origin: French Guiana, but was also found in central and south America. Currently found globally
- - part of the nightshade family. It is a fruit
- - Capsaicin (oil like compound in the white membrane around the seeds) – used as topicals in pain relief creams, also 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

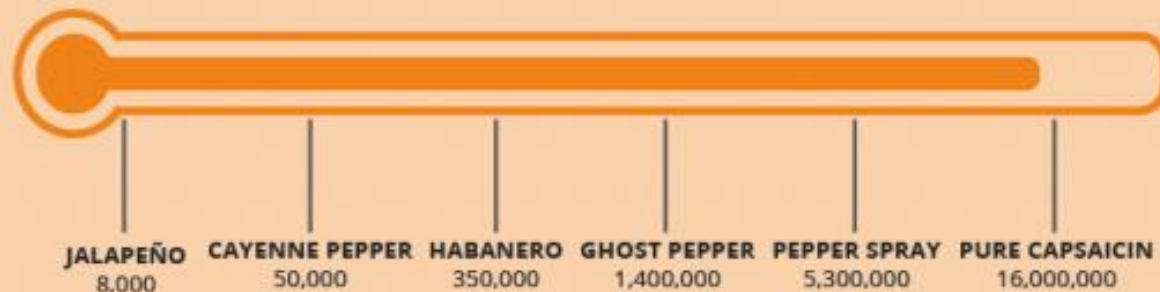


The spiciness of chillis is due to the presence of compounds called capsaicinoids. The two compounds above are the main capsaicinoids in chilli peppers. They cause a burning sensation when they come into contact with mucous membranes, due to their interaction with pain and heat sensing neurons.

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



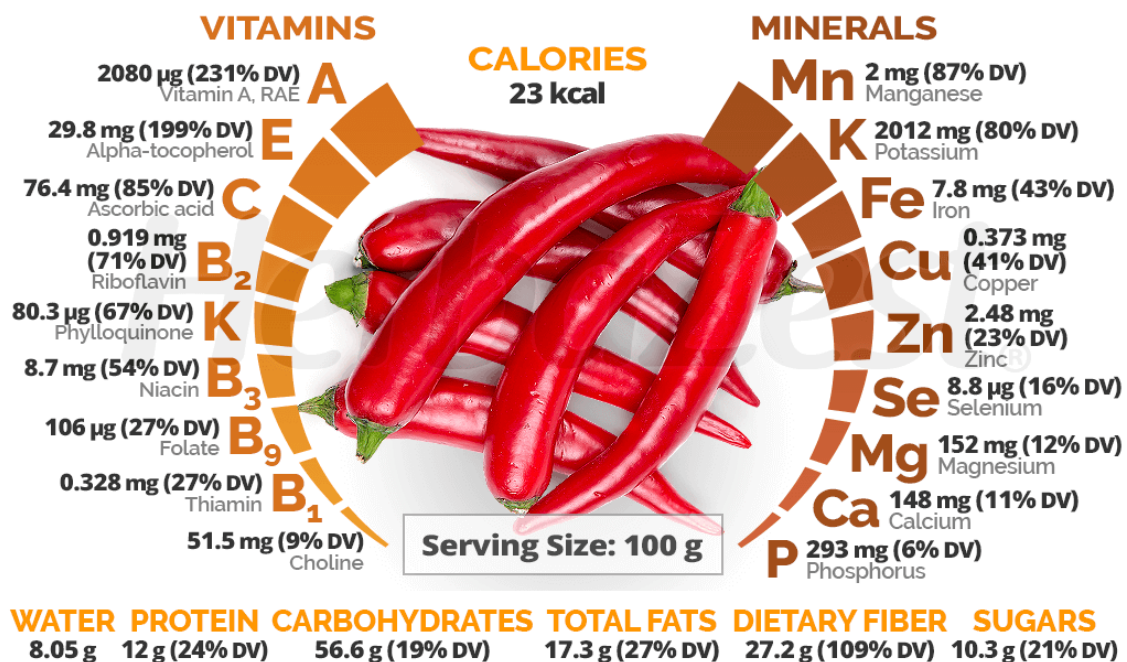
The Scoville scale is a taste detection based method for rating the heat of chilli peppers. A measured amount of pepper extract has sugar added to it incrementally until the heat is undetectable through taste. Though it is an imprecise method, it has been estimated that 1 unit of

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>

HerbaZest®

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



| | | |
|----------|---------------|----------|
| 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.

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.



| | | |
|-----------|------------|----------|
| 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.



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 4th 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 – 14th 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



A photograph of ginger root and slices on a bamboo mat. The ginger root is on the left, and several slices are arranged in a fan shape on the right. The background is a light-colored bamboo mat.

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

cinnamon



star anise



peppercorn



fennel seeds

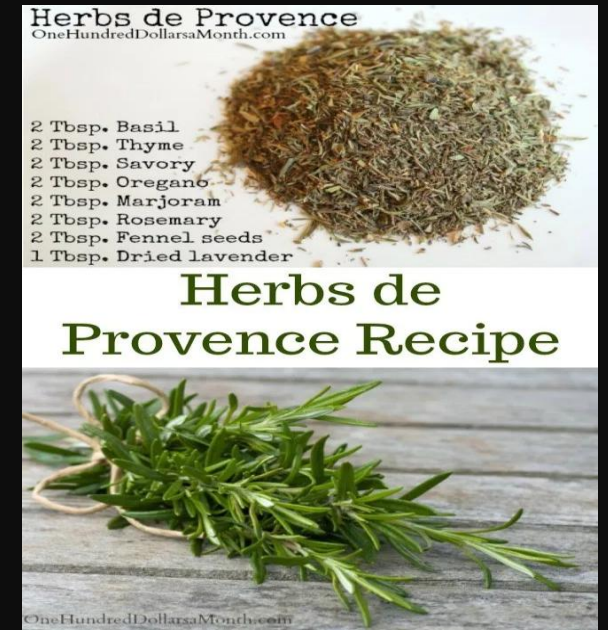
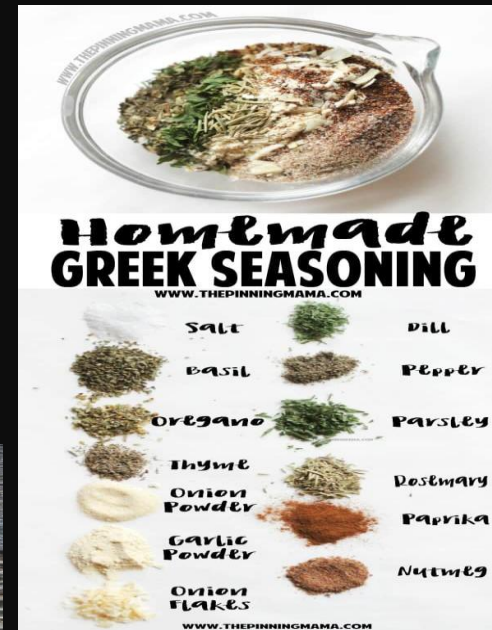


cloves



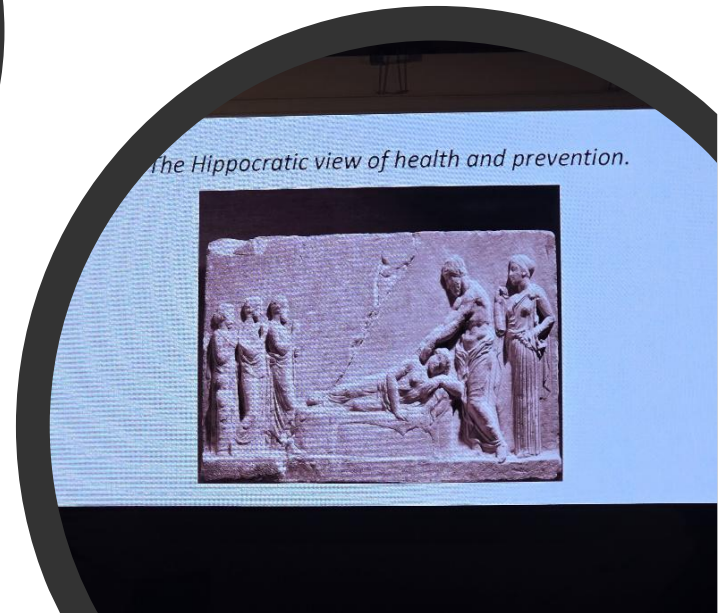
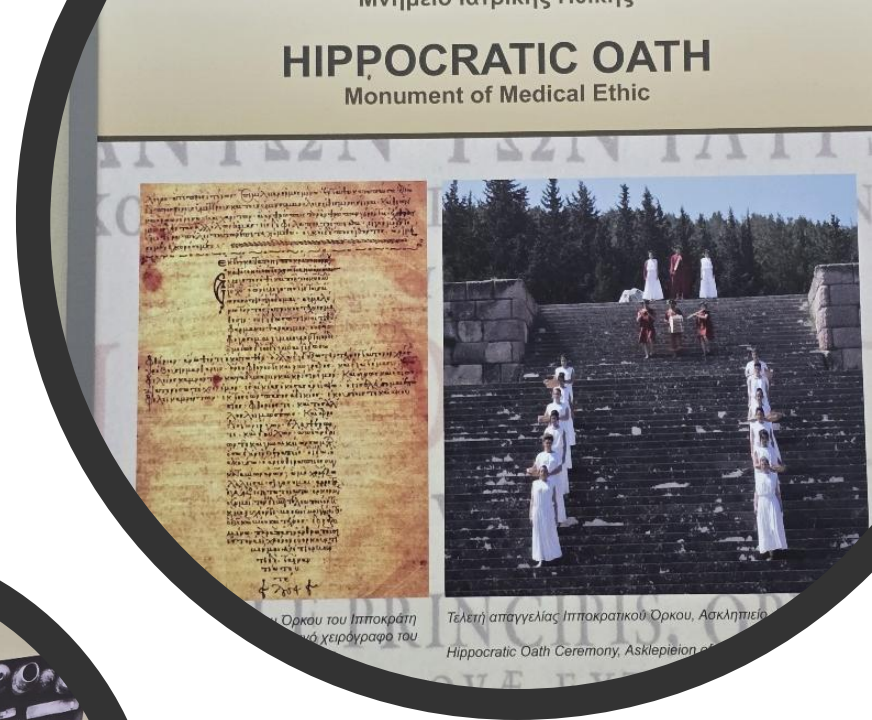
Other types of spice mixes

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



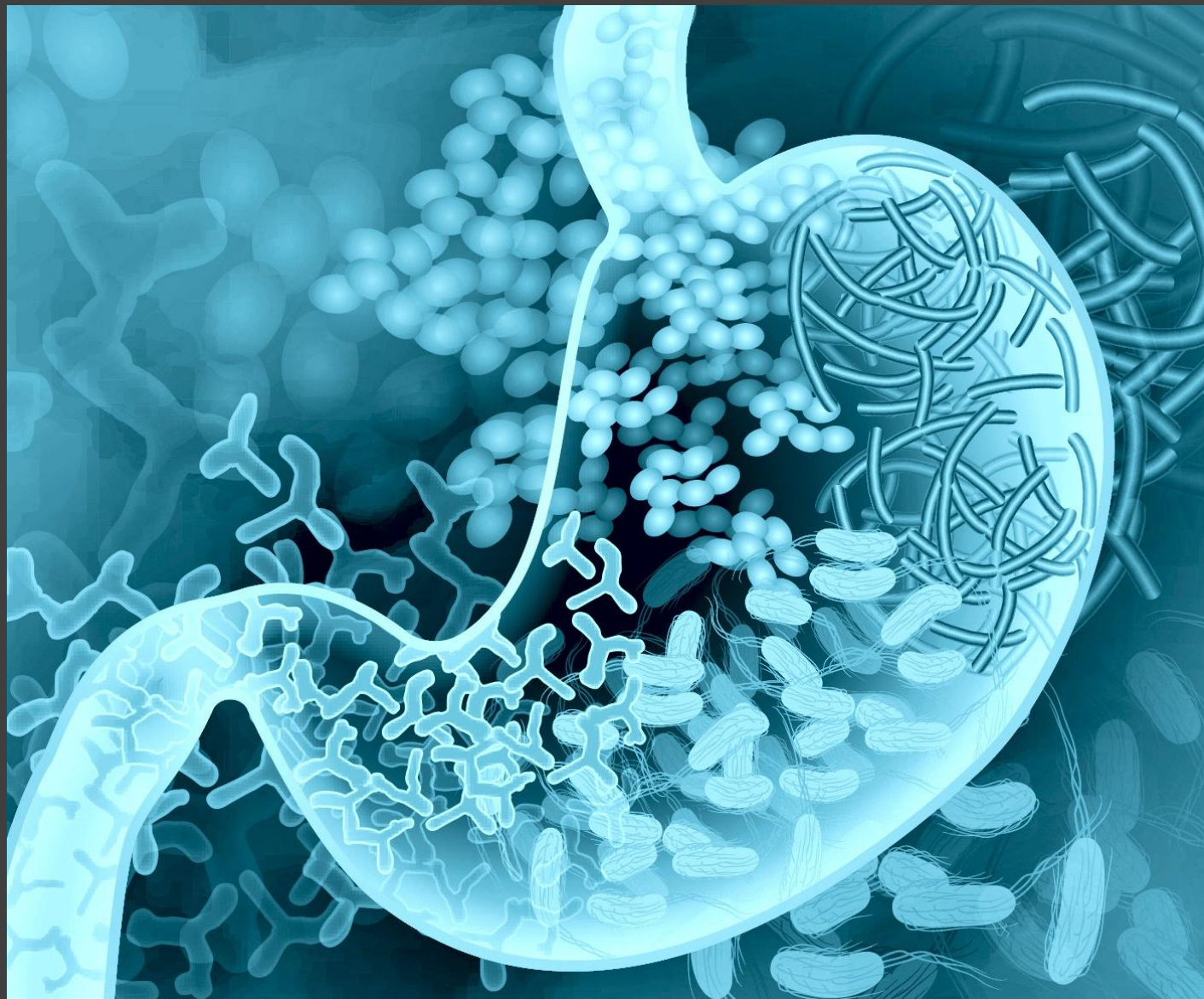
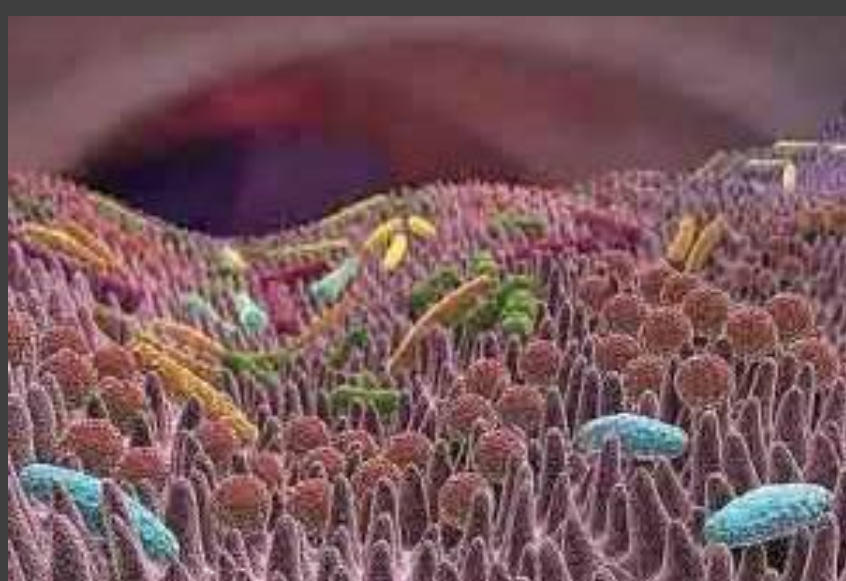
In Conclusion

- Herbs and spices were used since Antiquity, and their uses and applications were passed down.
- Hippocrates was credited with evidence-based documentation of creating an apothecary, but these existed since the time of Mesopotamia and Egypt
- Apothecaries transitioned into modern day pharmacies as we know them
- FDA regulation and evidence-based studies note that homeopathy, while perhaps effective centuries before, are limited in their modern-day use, however there are some evidence-based papers showing effectiveness in overall health and wellbeing to the gut microbiome using herbs and spices to improve symptoms of acute and chronic conditions
- Shared medical decision making and effective communication is paramount in the optimal treatment and understanding of cultural implications of homeopathy and the use of herbs/spices to support health and wellbeing



All disease starts
in the gut.

Hippocrates



A photograph of a sunset over the ocean. The sky is a warm, golden yellow, and the water is a deep blue with gentle waves. The quote is centered in white text.

The greatest medicine of
all is teaching people
how not to need it.

Hippocrates

“ quote&fancy


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