Top 5 Healing Spices to Aid Inflammation

Healing spices deliver many awesome health benefits, but when it comes to fighting off inflammation, some are definitely better than others.

Whether you suffer with arthritis, Chron’s Disease or allergies, healing spices can really help to reduce the inflammation and ease the symptoms of these conditions. So, which spices are better at treating inflammation?

1. Cloves

Although there isn’t much scientific evidence available to reveal the anti-inflammatory effects of cloves, they do seem to be very effective. They’re largely used to reduce inflammation of the throat and mouth.

So, if you have a sore, inflamed throat or a cold, cloves are a great spice to use to combat them.

2. Turmeric

Once again, turmeric makes it onto the list! This powerful healing spice has fantastic anti-inflammatory properties.

It is the Curcumin content which helps to fight off inflammation. This is the compound which gives turmeric that strong, yellow coloration. As well as fighting off inflammation, it is also really powerful at fighting off colds and infections. These are common ailments for those living with Diabetes.

3. Ginger

When it comes to treating inflammation, few things can beat ginger. Studies have actually proven that ginger can be much more effective at fighting inflammation than non-steroidal anti-inflammatory drugs!

It works by preventing several genes responsible for triggering an inflammatory response, from activating. When taken regularly, it can also help to reduce the pain of osteoarthritis. It is the Gingerol and Shogaol contained within the ginger which helps to block the inflammation pathways.

4. Black pepper

Black pepper is one of the most common spices found in the home. However, I bet you didn’t know that it boasts awesome anti-inflammatory properties!

It contains a chemical known as piperine. This chemical has been shown to reduce inflammation, even in very small doses. It can also help to reduce the pain of arthritis.

5. Cinnamon

The cinnamic acid and cinnamaldehyde contained within cinnamon, help to combat the damage caused by free radicals. It contains antidiabetic, anti-inflammatory, antioxidant and antimicrobial properties, making it a healing powerhouse!

Researchers have even discovered that this unassuming spice can also help to combat neurological disorders such as Alzheimer’s Disease and Parkinson’s Disease.

The above are just the top 5 healing spices to aid inflammation. You may also like to try ginger and cayenne. Whichever one you do decide to try, remember to begin by adding small amounts into your daily diet. Most of the spices on the list are great for treating general inflammation, but cloves should largely be used for inflammation in the throat.