**Healing Spices Social Media Posts**

What Are Healing Spices?

BLURB: Spices have properties that can be used to treat everything from a common cold to inflamation. LINK

Top 5 Healing Spices to Boost the Immune System

BLURB: Some spices are more effective boosting your immune system. Not sure which ones they are? LINK

Cayenne – The Ultimate Healing Spice?

BLURB: Don't dismiss it as just a spice you add to chili. This powerful spice helps heal many ailments like digestive issues. LINK

Top Healing Spices to Lower Blood Sugar

BLURB: There are natural ways to lower your blood sugar. First stop...your pantry. LINK

Top 5 Healing Spices to Aid Inflammation

BLURB: Inflammation is the cause of tons of issues in society. There are spices that can ease the symptoms. LINK

Boost Your Brain with these Awesome Healing Spices

BLURB: Spices have a variety of healing properities, but did you know they also help your brain? LINK

5 Home Remedies Using Healing Spices

BLURB: Spices are a powerful healing agent. There are hundreds of remedies to try, but here are five of the best. LINK

Ways to Use Healing Spices

BLURB: Heard that spices can help heal ailments you have, but you're not sure which ones to use? LINK

5 Healing Spices Everyone Should Have in Their Pantry

BLURB: Want the benefits of healing spices, but only want to start with a few? Not sure which ones? Take a look at these five healing spices that have the most benefit. LINK

5 Healing Spice Recipes

BLURB: To get the most benefit from spices - cook with them. Check out these recipes: LINK