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# What Are Healing Spices?

In your search to become healthier, you’ll likely have come across healing spices. Used in holistic medicine, healing spices have numerous awesome properties which can be used to treat everything from the common cold to inflammation.

So, what exactly are healing spices and are they worth investing in?

**Do all spices have healing properties?**

The majority of spices on the market do boast at least some healing properties. However, some are definitely more beneficial than others.

It’s also worth keeping in mind that different spices offer different healing properties. So, if you’re looking to treat a specific ailment, you’ll need to ensure you’re investing in the appropriate spice. Some of the best healing spices include:

* Turmeric
* Cayenne
* Cinnamon
* Ginger

These are just a small selection of healing spices you’ll want to keep in your cupboards.



**Are all healing spices made equal?**

Unfortunately, not all healing spices are made equal. Non-organic spices you find on the grocery store shelves for example, often have nasty ingredients added to preserve them. Some manufacturers are also simply concerned with making money, rather than offering the highest quality spices.

So, if you want to ensure you’re getting the best quality, most effective healing spices, you’re going to need to ensure you’re buying from a well-known brand.

Organic spices are definitely better, and could even stay fresher for longer due to their production and cultivation method.

**What types of things could healing spices help with?**

Healing spices can help you in a variety of ways. Each has its own specific healing properties, but generally speaking they all contain a high level of antioxidants.

These antioxidants can help fight off free radicals, protect against heart disease and other serious conditions, and keep you looking and feeling younger for longer. They also contain great anti-inflammatory properties which can help with allergies and even help to combat Alzheimer’s Disease.

Due to the strength of many spices, they can also be used to boost the metabolism. This really aids in weight loss, while also helping to provide a delicious kick when added to your meals.

So, now you have an idea of what healing spices are and how they can benefit your health. Each has its own healing properties, so it’s definitely worth stocking up on different types of spices to add to your pantry. They can be used in many different ways and are also a healthier alternative to using sugars and other flavorings in your recipes.

# Top 5 Healing Spices to Boost the Immune System

If you’re looking to give your immune system a boost, the answer may lie in your pantry!

Healing spices have long been used to enhance the immune system and combat numerous ailments. However, some spices are much more effective at boosting the immune system than others. Below, you’ll discover the top 5 healing spices to boost the immune system and leave you feeling healthier.

**1. Turmeric**

Turmeric is one of the best healing spices you can use, particularly in terms of boosting the immune system. It’s closely related to ginger and has been used for its medicinal benefits for more than 4000 years.

It is the active ingredient, Curcumin, which helps to boost the immune system. It contains a high level of anti-inflammatory properties, required to ensure the immune system is functioning correctly.

A picture containing turmeric, plate

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**2. Cinnamon**

Cinnamon is one of the more versatile spices and it’s great for the immune system.

This is because of its impressive mix of antifungal, antibacterial and antiviral properties. All work together to protect the immune system, as well as fight off numerous illnesses.

**3. Cayenne**

It doesn’t matter whether you use the supplement capsules or the real thing, cayenne will help significantly boost the immune system.

It contains a lot of Vitamin A and antioxidants. These don’t just protect the immune system, but they also ensure the body is better able to fight off any illnesses which may develop.

A picture containing turmeric, ground, paprika

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**4. Cumin**

Cumin seeds are often used as a spice to help boost the immune system. In fact, they’ve even been used in traditional medicine to improve a weakened immune system. When consumed daily, you’ll start to see a difference in how you feel within weeks.

It’s largely the spice’s Vitamin C content which makes it so efficient at fighting off illness and protecting the immune system.

**5. Cloves**

While largely used to improve oral health and ease toothache, cloves can also be used to boost the immune system. They contain an exceptional level of antioxidants which help the immune system fight off free radicals, as well as oxidative stress.

A close up of food

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They’re also good for reducing the symptoms of infections and fighting off disease. Or, use them to fight off the common cold and aid digestion.

These are just 5 healing spices which can help give the immune system a boost. Don’t forget, these awesome healing spices can also help combat other health issues too. So, if you don’t have any of these spices in your cupboard, now’s definitely the time to stock up.

# Top Healing Spices to Lower Blood Sugar

Whether you’re looking to prevent high blood sugar, or you need to control your blood sugar due to Diabetes, healing spices could help.

High blood pressure is often dubbed the silent killer. It places additional strain onto the heart as well as the blood vessels. If left untreated, this could lead to a stroke or a heart attack. It’s also known to cause kidney and heart disease and is even linked to dementia.

So, if you’re looking to lower your blood pressure, below you’ll discover some of the top healing spices to invest in.

**Ginger**

Ginger has been used as a medicinal spice for literally thousands of years. Largely known for its digestive and immune boosting benefits, it is also excellent at controlling blood sugar levels.

However, if you’re currently taking medication to lower your blood sugar, it’s advisable to talk to your doctor before using ginger too. Combined with the medication, the ginger could potentially cause your blood sugar levels to drop dangerously low.

**Cinnamon**

There’s actually different types of cinnamon available and the one you’ll want to focus on here is Ceylon. Otherwise referred to as “true cinnamon”, Ceylon is slightly more difficult to get hold of and it’s also a little more expensive than the standard Cassia cinnamon found in most stores.

The reason you’ll want to focus on Ceylon is because it contains less coumarin. This natural substance has been linked to causing liver damage. There’s approximately 1% of the substance found in Cassia cinnamon, but only 0.004% in Ceylon cinnamon.

**Fenugreek**

If you cook a lot of Indian inspired dishes, you’ll likely have used Fenugreek. There’s been various studies conducted which have shown Fenugreek is great at lowering blood sugar levels.

It’s also known to improve insulin resistance and boost good cholesterol. So, if there’s just one spice you focus on in this list, it should definitely be this one.

A picture containing rock, outdoor, fruit, nut

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**Turmeric**

There’s few spices which can compete with turmeric in terms of its healing benefits. As well as lowering blood sugar levels, this powerful spice also helps to prevent infections and boost the immune system, proving beneficial to Diabetes patients.

The Curcumin contained within turmeric helps to lower HbA1C as well as plasma glucose levels. It can also improve lipids within the body, which have been shown to prevent prediabetics from turning into full diabetics.

It’s worth keeping in mind that you should always talk to your doctor before trying any of the above healing spices. This is especially true if you are currently taking blood-sugar lowering medications. They should also never be used as a replacement for medication if you do have Diabetes.

When used correctly, the spices above can have a fantastic effect on blood sugar levels, helping you to feel better than you have in years.

# 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.

A picture containing table, food, cup, indoor

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**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.

# Boost Your Brain with these Awesome Healing Spices

Many people know that spices can help fight off illnesses and improve their general health. However, did you know you that they can also prove beneficial to the brain?

There’s been numerous research carried out over the years, which has revealed the benefits various herbs and spices can have on the brain. Some can help boost cognitive function, while others have been tested for their benefits at combatting Alzheimer’s Disease.

If you’re looking to boost your brain health, here you’ll discover the best healing spices which can help.

**Turmeric**

Turmeric won’t just boost your brain, but it can also help patients with Alzheimer’s Disease. This is because it contains compounds which can boost Macrophages.

Macrophages are immune cells which help to destroy foreign particles. Patients who suffer with Alzheimer’s often find that their Macrophages aren’t able to do their job due to a buildup of beta-amyloid plaque. The compounds in turmeric can help potentially clear up the plaque buildup, helping the macrophages to work properly.

**Garlic**

It is the anti-inflammatory properties contained within garlic which are said to be good for the brain. It can help to prevent the loss of brain function, as well as boost cognitive function and the memory.

There’s even the possibility garlic could prevent conditions such as Alzheimer’s Disease when consumed regularly. However, no in-depth studies have been carried out to prove this as of yet.

**Black Pepper**

The Piperine contained in black pepper is said to prove beneficial at boosting brain function. It can also help to ease the symptoms of depression.

When combined with other brain-boosting healing spices such as turmeric, it also provides increased benefits. This is because it can enhance the bioavailability of the nutrients in foods, ensuring you absorb a lot more nutrients.

**Saffron**

If you’re looking for a healing spice that’s renowned for its mental health benefits, saffron is just what you need. Studies have shown that when given in supplement form, saffron can significantly reduce the symptoms of depression.

A picture containing rambutan, outdoor, fruit

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It is one of the more expensive spices on the list, but its mental health benefits are definitely worthwhile. You will also find that the spice has quite a strong flavor. This can make it difficult to add to recipes. So, instead you may want to stick to the supplement form to gai its brain boosting benefits.

So, there you have it, some of the best healing spices to give your brain a boost. Of course, all of the spices listed also have additional health benefits too. If you don’t have them already in your cupboards, now’s the time to stock up!

# 5 Healing Spices Everyone Should Have in Their Pantry

Renowned for their awesome health benefits, healing spices are a staple which should be added to everyone’s pantry. However, with so many different ones to choose from and with each offering different health benefits, it can be difficult to know which ones to invest in.

While ideally, you’ll want to have all healing spices in your pantry, there are some you’ll want to focus on. Here, you’ll discover the 5 healing spices everyone should have in their pantry.

**1. Turmeric**

If there’s just one healing spice you keep in your pantry, it should definitely be turmeric. Out of all of the healing spices, this one packs a powerful healing punch!

It can be used to treat so many different ailments. It contains extremely strong antioxidants and boasts impressive anti-inflammatory properties. There isn’t much this spice can’t fight off, so start stocking up your pantry with this awesome spice today!

**2. Black pepper**

You may already have black pepper in your pantry, given that it’s the most popular spice used in the home. However, it definitely can’t hurt to stock up on more.

This great spice has more health benefits than you might realize. It can boost the bioavailability of various drugs, in turn making them more effective. It can also help to ease joint inflammation. While all black pepper is beneficial, the Malabar black pepper variety has the most healing qualities.

A picture containing cup, table, cake, indoor

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**3. Cayenne**

Thanks to its power to detoxify and boost the immune system, cayenne is definitely a spice to stock up on. It’s also known to improve liver function, control the blood pressure and aid in digestion.

As an added bonus, cayenne can be used as a natural pest repellent. Ants in particular will avoid cayenne like the plague!

**4. Garlic**

Garlic is by far one of the most powerful anti-inflammatory spices you can keep in the pantry. While it’s typically used in fresh form, garlic powder can also prove useful to your health.

It can be used in many ways, including relieving a sore throat, eliminating skin eruptions and lower the blood pressure.

**5. Nutmeg**

Nutmeg is known to contain many natural healing properties. It’s largely used in sweet dishes, though it can also work well with savory recipes too.

Just a couple of its awesome benefits include an ability to combat diarrhea and it can also potentially prevent Alzheimer’s Disease.

These are just 5 healing spices everyone should have in their pantry. As you can see, they each offer a unique set of health benefits and can be used in many different ways.

# Cayenne – The Ultimate Healing Spice?

Cayenne is something most of us use, or have used, when creating various recipes. However, did you know it’s also considered one of the best healing spices available?

This powerful spice has been used for more than 9,000 years as both a medicine and a food. So, what makes it such a powerful healing spice? Here, you’ll discover everything you need to know about this ultimate healing spice.

It’s great for the digestive system

One of the main benefits of cayenne is its ability to boost the digestive system. Firstly, it increases the amount of saliva produced, which is required for fast, effective digestion. It also helps to combat bad breath.

It also helps to increase enzyme production, essential in order to ensure the digestive system functions correctly. Then finally, it encourages gastric juice production, helping the body to metabolize toxins as well as food.

It can be used to treat numerous ailments

The number of ailments cayenne can be used to treat is extensive. It’s used as a natural cramp remedy, it can ease toothache, help lower a fever and relieve the symptoms of a migraine.

The spice can even be used to prevent blood clots from developing. It does this by boosting fibrinolytic activity within the body. The Capsaicin content within cayenne also helps to clear out lipid deposits which can clog up the arteries. This means it’s also capable of preventing heart attacks.

Its ability to fight off and treat so many ailments is what makes it one of the ultimate healing spices available.

It contains a staggering number of vitamins and minerals

If you look at the nutrient content of cayenne, it’s easy to see why it boasts so many health benefits. With a 44% Vitamin A content, the spice has a significant antioxidant content. It also contains 8% Vitamin E, 7% Vitamin C and 6% Vitamin B6.

Sodium, Vitamin K, Manganese and Potassium are also found in cayenne, making it a super powerful healing spice.

You can use it to detox the body

Some people choose to use cayenne to detox the body. Its ability to eliminate acids and stimulate circulation give it awesome detoxifying properties. As an additional benefit, it also boosts the metabolism, making it ideal for those looking to lose weight.

Overall, you’ll struggle to find a more powerful healing spice than cayenne. The fact it can be taken as a supplement or used in food dishes is also beneficial. If you’re looking to become generally healthier, this is one spice you’ll want to have in your pantry.

# 5 Healing Spice Recipes

Now you’ve discovered just a small number of the health benefits healing spices provide, it’s time to figure out how to use them. While some spices can simply be sprinkled over food, it’s often much better to actually cook them.

When cooked, the beautiful flavors and aromas of the spices are released. These can really enhance the senses! So, what recipes can healing spices be used in? Here, you’ll discover 5 healing spice recipes you’ll definitely want to try.

**1. Black pepper and saffron rice**

If you fancy creating an Indian inspired dish, this black pepper and saffron rice recipe is just what you need. You can eat this delicious side dish alongside many types of dishes. It would even taste great served alongside a simple chicken recipe.

This rice is packed full of healing spices. As well as black pepper and saffron, it also contains ground cumin and cumin seeds. Check out the recipe here:

<https://chopra.com/articles/the-healthy-spice-cabinet-7-healing-spices-and-2-recipes>

**2. Backyard Brisket**

If you love barbequed meat, you’ll love this Backyard Brisket recipe! It may take a while to cook, but the results will definitely be worth it!

What makes this recipe so great, is the fact it uses extra course black Malabar pepper. This is the healthiest type of black pepper you can use if you’re trying to focus on its healing properties. Check out the full recipe here:

<https://www.savoryspiceshop.com/brisket-recipe>

**3. Black Garlic Meatballs**

Another mouth-watering meat recipe, these black garlic meatballs are a must-try! They’re packed full of flavor and contain great healing spices such as Malabar black pepper and black garlic. Find the full recipe below.

<https://www.savoryspiceshop.com/recipes/black-garlic-meatballs.html>

**4. Lemon and Turmeric Chicken**

This is a recipe you’re going to love if you enjoy a strong, citrus flavor. Soaking fresh chicken in a turmeric and lemon juice mix significantly boosts its flavor and produces a healing powerhouse recipe!

It tastes particularly great served alongside a spinach satay side dish, or you can serve it alongside rice for a simple dish. Check out a delicious lemon and turmeric chicken recipe here.

<http://www.geniuskitchen.com/recipe/turmeric-lemon-chicken-19687>

**5. Quinoa Brownies**

If you’re looking for healthy brownie recipe, these Quinoa brownies are highly recommended. Containing ground Cardamom, crystalized ginger and quinoa flour, these brownies are super-satisfying and super-healthy too.

Check out the recipe for these delicious brownies below.

<https://chopra.com/articles/the-healthy-spice-cabinet-7-healing-spices-and-2-recipes>

These are just 5 healing spice recipes you’re guaranteed to enjoy. Why not take a look online for more great ideas? You’ll find literally hundreds of recipes you can use healing spices in.

# 5 Home Remedies Using Healing Spices

They may largely be used to add flavor to your favorite recipes, but did you know you can also use spices in powerful home remedies?

Whatever ailment you’re suffering with, there’s a quick and simple home remedy you can create using spices out of the cupboard. While there are literally hundreds of homemade remedies you can create, here you’ll discover 5 of the best.

**1. Boiled Cardamom**

Cardamom has a variety of awesome health benefits. It can also be used in numerous ways and to treat a large range of ailments. For example, boiled Cardamom can be used to boost kidney function and treat urinary tract infections.

All you need to do is boil a little Cardamom powder, pour it into a glass and then drink. Do this daily if you tend to frequently suffer from urinary tract infections.

**2. Cinnamon blood sugar control**

There have been several studies carried out which show cinnamon’s effectiveness at controlling blood sugar. Most impressively, it was discovered that consuming just half a teaspoon of cinnamon powder each day can reduce blood sugar levels by as much as an impressive 29%.

A piece of food

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To create a blood sugar lowering home remedy, all you need to do is sprinkle half a teaspoon into hot water and sip. You could also add it to coffee or tea.

**3. Anxiety easing cumin**

Cumin is one of the best healing spices you can use to help you relax. It contains great calming compounds which are known to combat anxiety.

If you do suffer with anxiety, there’s a couple of ways you can use it to ease your symptoms. Firstly, you can add it to water and simply drink it. Or, you could use cumin oil to massage onto the skin. Once absorbed, it really helps to leave you feeling calm and relaxed.

**4. Fenugreek heart remedy**

Fenugreek is great for the heart. Studies have shown that when consumed regularly, Fenugreek has a fantastic positive effect on heart health. It can lower the blood pressure and protect against blood clots. So, how do you use it?

The best home heart remedy with Fenugreek is to boil it in water for approximately five minutes. Then, strain it into a mug and drink it once it’s cooled down.

A close up of some bushes

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**5. Soothe a dry cough with Carom**

Dry coughs can be extremely frustrating to get rid of. They can linger around for weeks, causing nasty uncomfortable symptoms such as a sore throat. However, Carom has shown to be extremely effective at soothing a dry cough.

All you need to do is boil Carom together with turmeric, pepper and ginger for 5-10 minutes. Leave it to cool and then drink. If you do have a sore throat, it’s also recommended you add honey to the mix too.

These are just a very small selection of the best home remedies using healing spices. Why not give them a try the next time you experience the ailments listed?

# Ways to Use Healing Spices

There’s more ways to use healing spices than simply adding them to your favorite dish. While they’re definitely easy to sprinkle over and add to various recipes, you may also want to consider adding them into your life in other ways.

Not sure where to start? Here, you’ll discover the best ways to use healing spices and the best foods to pair them with if you are adding them into your diet.

**How to use Turmeric**

Turmeric is largely used in Indian dishes. So, you’ll find it easier to use as an addition to homemade curry. However, there are other ways to use it.

You can choose to use either the ground powder or the fresh turmeric root. The powder is the easiest to come by. The best foods to pair turmeric powder with include rice, cauliflower, chicken and warm nut milk. Try adding half a teaspoon to some warm nut milk as a unique, soothing refreshment.

A picture containing plate, food, table, indoor

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**How to use Cinnamon**

You can purchase cinnamon as a whole bark, or in dried powder form. If you’re buying and using the powder, you’ll notice it has a stronger taste than the whole bark does.

The great thing about cinnamon is that it can be used in a huge number of ways. It can be paired with yoghurt, smoothies, granola, sweet potatoes, cakes, bananas and even popsicles!

**How to use Ginger**

Ginger is typically bought in root form and it can be grated into numerous dishes. While it’s great in smoothies and added to curries, the spice can also be used in numerous other ways.

Some of the best ideas to use ginger include adding it to warm milk, creating a gingerbread latte, and adding it alongside Turmeric to make a super healing tea.

**How to use Paprika**

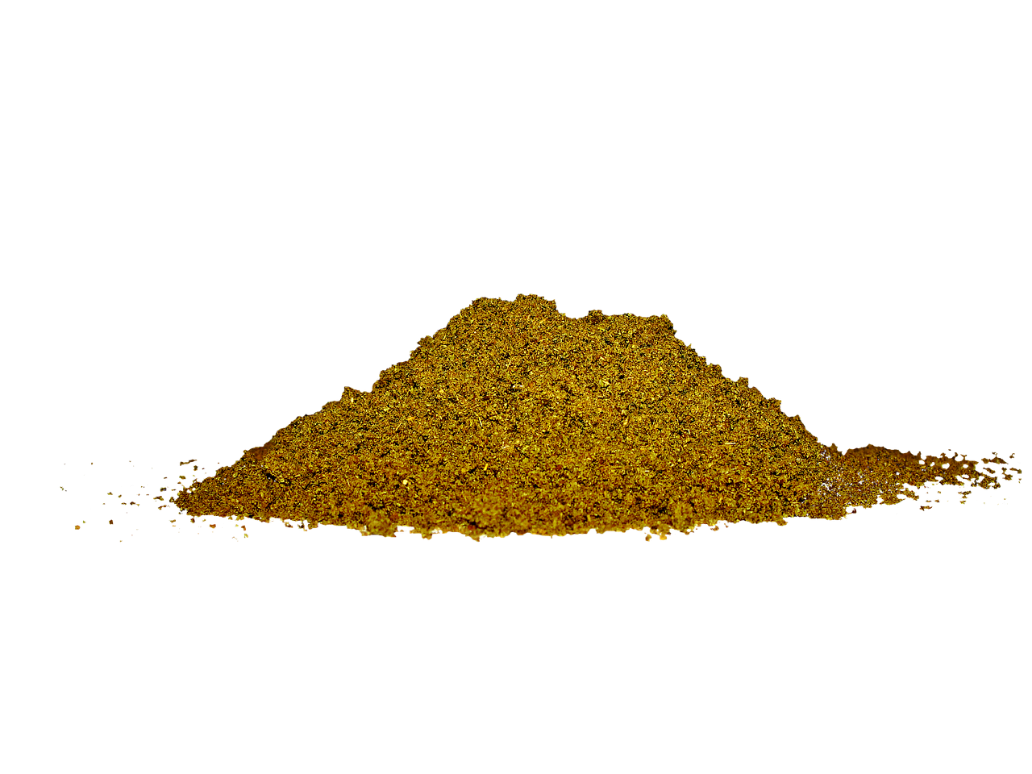
Paprika is used a lot in savory dishes and there’s a wide variety of ways it can be used to boost the health.

Some of the best methods for using this popular spice include adding it to a meat rub and using it to season corn on the cob. It can also be sprinkled over popcorn.

**How to use Cumin**

Cumin is best used in Mexican style dishes. However, it can also be used in other great ways.

The cumin seeds can be added to muffins and bread mixes. It is also great to use in falafels, or into a cheese omelet. You can even mix it into oil and use it to fry vegetables.



There are so many different ways you can use healing spices. Don’t forget, many of them are also available in supplement form for those who aren’t keen on cooking!