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%.

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.

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?