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.

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!