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.

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.

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.

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.