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.

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.