

THE TOP 10

healing spices

Did you know that the aromatic curry spices we use today all have medicinal uses? Ginger, cloves, coriander and turmeric have been used as medicines for thousands of years. For people who like to use home remedies for common ailments is proof indeed that you and your family can benefit from these "kitchen" remedies that make our food taste so good.

IMPORTANT! This information should not be used to diagnose, treat or cure a condition without the consent of your doctor or clinic. Get their advice first if you are pregnant, epileptic, diabetic or have high blood pressure or a heart condition. You are responsible for the health and safety of your family.



Fresh root ginger and ground ginger

GINGER

Over 2000 years ago, the Chinese were using ginger to treat digestive and circulatory problems. Today ginger capsules are used to stimulate circulation, to thin the blood and lower cholesterol. Ginger can cure nausea, including motion sickness and morning sickness. Instead of taking an aspirin daily to thin the blood, ginger is just as effective. It does not irritate the stomach lining or cause gastric bleeding either. Add a few slices of fresh ginger to food or herb teas every day. Ginger is good for cold hands and feet. Externally, a hot ginger compress can be made for aching shoulders, menstrual pains or arthritic joints: Wrap a tablespoon of chopped, crushed ginger in a facecloth and moisten with boiling water. Put it inside a towel and arrange it over the area in pain. The facecloth can be warmed up again in the microwave. Take a few drops of Jamaica Ginger



Clockwise from left: Cinnamon sticks, coriander seeds, cloves and ground cinnamon

in water (sold at supermarkets and pharmacies) for colic, nausea or as a tonic. For flavour, add a few drops to chocolate sauce, marmalade, sweet and sour sauce or lemonade.

CINNAMON

Cinnamon is not only for pancakes and special cookies, it's a very valuable remedy for diabetics. Certain active components of cinnamon bark can have the effect of lowering levels of glucose in the blood for people who are on insulin or other medications. Research has shown that taking half a teaspoon of cinnamon daily with meals containing carbohydrates and sugars, effectively helps lower blood sugar levels. PLEASE NOTIFY YOUR DOCTOR OR CLINIC BEFORE USING CINNAMON FOR THIS PURPOSE. Your current prescription may have to be reduced, depending on how well you react to the cinnamon. Taking 500mg of Vitamin C twice a day with 1/8 teaspoon of cinnamon will help lower your blood sugar.

CLOVES

Cloves are one of the most effective and safe remedies for intestinal parasites like worms, liver and blood flukes (parasites). Simply add half a teaspoon of clove powder to a teaspoon of honey or molasses and take it at lunch, supper and bedtime for a few days. Reduce this to a tiny pinch for small children. Take a few teaspoons of ground up flaxseeds in your cereal to speed up the process. As a medicine, whole cloves are a good standby for toothache – some people suck them to freshen the breath. A drop

of clove oil deadens the pain of toothache or mouth ulcers, but it can make the tongue go numb as well. Clove oil keeps most insects like ants away – they will not go near a line of clove oil painted across a doorway. Whole cloves can be pressed into small oranges; and these clove balls can be dried and used in cupboards to keep moths away.

CHILI

It may seem surprising, but a red hot chili is one of the most effective cures for chronic asthma, bronchitis and a build-up of mucous that makes breathing difficult. It contains a natural decongestant that stimulates the respiratory system and gets rid of mucous, opens the airways and improves breathing. The good news is that capsaicin, the hot part of the chili does not irritate the stomach lining and is therefore safe for stomach ulcers. If you cannot find or make your own chili capsules, you could try drinking at least 10 to 20 drops of Tobasco sauce or your own chili juice in a glass of water every day. To build up your pain threshold, eat a tiny piece of chili with bread and cheese and increase the amount every day. You'll notice a vast improvement in your breathing and become used to the slight burn. Your respiratory complaints will disappear and it will help keep colds and coughs away!