

From Willingness to Wellness

Spices - the Vitality of Life



Spicing up Life



My Personal Go-To Seasonings and Spices:

- A - Basil
 - B - Thyme
 - C - Garlic
 - D - Green Tea Mint Salt (special mix from Esutras Organics)
 - E - Marjoram
 - F - Smoked Paprika
 - G - Turmeric (MANY health benefits, adds color, but not an over abundance of flavor)
 - H - Cumin
 - I - Chili Powder
 - J - Ginger
 - K - Cinnamon, Ceylon (container says Saigon, but the bottle is holding Ceylon Cinnamon)
 - L - Cloves
 - M - Organic No-Salt Seasoning, a mix (Braggs Sprinkle is another good brand)
 - N - Paprika
 - O - Oregano
 - P - Mint Leaves
 - Q - Cardamom Powder
 - R - Mustard Seed, ground
 - S - Black Pepper
 - T - Himalayan Salt
 - U - Onion Flakes
- Avocado Oil in a glass spray bottle
- The tub of white on the top shelf is a small container of Organic Unrefined Coconut Oil

Nutritional Benefits

This is a very small list of the benefits of each one.

- **BASIL:** anti-inflammatory, antioxidant, cancer-fighter, pain-reducer, immune-booster, antibacterial, antimicrobial, helps with depression, stroke damage, blood pressure, cholesterol, triglycerides, blood sugar, alternative to antibiotics for infectious diseases; CONTAINS: Vitamin K
- **THYME:** antimicrobial, antiseptic, respiratory benefits, gastrointestinal, antibacterial, helps with viral infections, blood pressure, immune-booster, fungal benefits; CONTAINS: Vitamin C, Vitamin A, copper, fiber, iron, manganese
- **GARLIC:** *A superherb.* potent antimicrobial properties, immune-booster, fights viral and bacterial infections, cancer, yeast and fungal fighters, supports cardiovascular and digestive functions, improves heart, blood sugar and eye health; CONTAINS: Vitamin B6, manganese, selenium, Vitamin C, phosphorous, calcium, potassium, iron, copper.
- **MARJORAM:** closely related to Oregano, contains many of the same benefits such as: antioxidant, anti-inflammatory, anticancer, digestion, nausea, flatulence, intestinal infections, stomach cramps diarrhea, constipation, antiseptic, anti-fungal, antiviral; CONTAINS: Vitamin A, Vitamin K, potassium, manganese, magnesium, fiber.
- **SMOKED PAPRIKA:** *see Paprika below; The flavor of the smoked is great on roasted vegetables to give a slight barbecue flavor to foods. Try it on roasted turnips to create a bbq potato alternative.*
- **TURMERIC:** *A superherb.* cardiovascular benefits, cancer treatment and prevention, treatment and prevention of lung and brain disease, rheumatoid arthritis, osteoarthritis, anti-inflammatory, DNA protection; CONTAINS: over 300 naturally occurring components including beta-carotene, Vitamin C, calcium, flavonoids, fiber, iron, niacin, potassium, zinc.
- **CUMIN:** antioxidant, anti-inflammatory, digestive, rich in iron, immune-booster, respiratory benefits, anti-fungal, microbial properties, combats free radicals, cancer protection; CONTAINS: calcium, iron, magnesium.
- **CHILI POWDER:** blood pressure, digestive system, antioxidant, immune-booster, hair and skin benefits, combats free radicals, eye health, red blood cell formation, improved cognitive function, cancer protection; CONTAINS: riboflavin, niacin, magnesium, potassium, fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B6, iron, manganese.
- **GINGER:** *A superherb.* antihistamine, congestion, digestion, nausea, gas, bloating, anti-inflammatory, pain relief, detoxifier, blood sugar levels, respiratory benefits, antioxidant, DNA protection; CONTAINS: Vitamin B3, B6, iron, potassium Vitamin C, magnesium, phosphorus, zinc, folate, riboflavin, niacin.

- **CINNAMON, CEYLON:** (*avoid Cassia cinnamon as it contains the compound coumarin which can be toxic to the liver in high doses*) helps with blood sugar levels, diabetic neuropathy, promote weight loss, lower triglycerides and cholesterol levels, digestion, diarrhea, antimicrobial, astringent, anti-inflammatory, antioxidant, gastrointestinal, cardiovascular benefits; CONTAINS: calcium, iron, magnesium, phosphorus, potassium, Vitamin A.
- **CLOVES:** most antioxidant-packed spice, anti-inflammatory, headache relief, aphrodisiac properties, immune-booster, DNA protection, helps with osteoporosis, bone density, blood sugar levels, liver protection, anti-carcinogenic protection, antibacterial, digestion; CONTAINS: potassium, calcium, sodium, magnesium, Vitamins E, C, A, K, folate, niacin, phosphorus, iron, zinc, thiamin, riboflavin
- **PAPRIKA** - antioxidant, eye health, anti-inflammatory, cholesterol levels, cancer protection, blood sugar levels, healthy blood cell creation; CONTAINS: thiamin, magnesium, phosphorus, copper, manganese, fiber, Vitamins A, C, E, K, B6 riboflavin, niacin, iron, potassium.
- **OREGANO** - *see Marjoram above*
- **MINT LEAVES** - antioxidant, gastrointestinal, indigestion, anti-inflammatory, pain relief, decongestant; CONTAINS: potassium, magnesium, calcium, phosphorus, Vitamin A, iron, Vitamin C
- **CARDAMOM** - antimicrobial, anti-fungal, heart health, type 2 diabetes, blood sugar levels, high blood pressure, triglycerides, cholesterol, anti-inflammatory, antioxidant, liver health, anticancer properties, ulcer prevention; CONTAINS: potassium, calcium, iron, magnesium, phosphorus, manganese, riboflavin, niacin, Vitamin C.
- **MUSTARD SEED** - antibacterial, anti-inflammatory, psoriasis, contact dermatitis, bronchitis, pain relief, thyroid, intestinal, *sulforaphane production with cooked cruciferous vegetables*; CONTAINS: folate, niacin, thiamin, riboflavin, Vitamin B6, Vitamin E, calcium, manganese, copper, iron, selenium, zinc.
- **BLACK PEPPER** - digestion, antioxidant, congestion, brain health, intestinal, anticancer, anti-inflammatory; CONTAINS: Vitamin K, potassium, manganese, iron, zinc, magnesium, calcium.
- **HIMALAYAN SALT** - pure and natural Himalayan sea salt without fillers, lower sodium content, muscle relaxation, proper fluid balance, dehydration prevention, nervous system, low blood pressure prevention; CONTAINS: potassium, magnesium, calcium, 84 trace minerals
- **ONION FLAKES** - antioxidant, anti-inflammatory, cancer prevention, blood sugar levels, bone health, heart health, cholesterol, bone density, antibacterial, digestion; CONTAINS: fiber, folate, potassium, manganese, Vitamin C, Vitamin B6
- **AVOCADO OIL** - a heart healthy fat, antioxidant, eye health, assists in nutrient absorption, osteoarthritis, periodontal disease, anti-inflammatory; CONTAINS: oleic acid, Vitamin A, Vitamin E, Vitamin D, magnesium, Vitamin K, folate, Vitamin C, Vitamin B5 & B6, potassium, lecithin.