

Healing Spices

Please investigate all the natural healing and alternative methods, especially including healing foods. Self-healing is possible in fact it is very likely if you apply the different methods that we suggest here. Healing is a multifaceted process. It can be overwhelming when you began. Try one thing at a time and work it. Don't try to do too much at once.

No matter what we come in contact with or put in our bodies it can either be beneficial or detrimental. Your kitchen can be the most important room of your house. Your spice cabinet can become your medicine cabinet. Spices can be used for cooking, drinking as a tea, or used as a compress. Most spices have natural healing abilities. Cinnamon for example has been shown to lower glucose levels in your body. Eat just a half teaspoon a day to improve your health. Check out what healing properties other spices have.

Allspice -- has been used to relieve the pain of arthritis when used in a compress. It also settles the digestive system. If you're having problems with diarrhea or flatulence give allspice a try.

Basil -- can be used on skin infections and insect bites. Basil is high in vitamin A., vitamin C, phosphorus and calcium. It is also a source of iron, calcium, magnesium, and potassium. It is thought to help the eyesight, the cardiovascular system, and the hair. Make a tea with basil when you have the flu or any kind of digestive distress. If you have cramps, nausea, indigestion, and constipation use basil to alleviate the problem. Basil tea can also soothe a headache and calm the nerves. Make a tea to lower a fever. Simmer a few peppercorns and a

tablespoon of basil in a pint of water for 20 minutes. Sip slowly. Add honey if necessary.

Bay Leaf -- Compresses made from bay leaf can be used to relieve the pain of a sprained joint. They also help relieve arthritic pain, and if applied to the chest can't relieve the congestive cough of bronchitis. When taken internally bay leaf relieves an upset stomach and colic in babies. It promotes good digestion and stimulates the appetite.

Black pepper -- has been used as a preventative medicine for many diseases. East Indians take a mixture of black pepper and honey every morning as a preventative for many common illnesses. When treating acute illnesses they take it several times a day. Black pepper has been known to decrease the formation of intestinal gas. It has been known to offer relief from asthma, boils, colic, cough, diarrhea, fever, gas, hemorrhoids, indigestion, chronic rheumatism, obesity, phlegm, sinus congestion, skin diseases, sore throat, and worms.

Boswellia -- or otherwise known as Indian Frankincense, is an anti-inflammatory and is used in the treatment of arthritis and back pain when taken internally. It can be added to a cream and used as a rub on sore backs and joints.

Cardamom -- is an Indian spice and valued for its warming effects on the body. It is good for the treatment of indigestion, colic, and gas. Make a tea using 15 cardamom seeds, a cinnamon stick, five cloves, seven peppercorns, a half inch piece ginger root minced, and heat in 1 pint of water. Simmer for 10 minutes. Strain. Add a sprinkle of vanilla extract, honey and nutmeg. Drink one twice a day for warmth.

Cilantro-- helps in removing toxins from the body. Make up a cilantro pesto and eat over your favorite pasta when wishing to detoxify. Make a compress and use for arthritic and joint pain. It has also been used as a digestive aid to settle the stomach.

Cinnamon -- a half teaspoon of cinnamon every day significantly reduced the level of blood sugar in those with type 2 diabetes. In addition, the same study found that cinnamon was able to reduce triglycerides, LDL cholesterol, and total cholesterol in the same study participants. People who eat cinnamon regularly report fewer urinary tract infections. Cinnamon has been shown to have anti-inflammatory properties. It is useful in relieving arthritic pain. Cinnamon may be helpful in the reduction of tooth decay and gum disease. Cinnamon is the anti-microbial. It is also a blood thinner and may be useful in the promotion of circulation. This may be why people use it for menstrual cramps. It has long been used for relieving the congestion of colds and allergies. It is been used as a digestive aid and may be helpful in the treatment of common digestive disorders.

Cayenne -- promote circulation. It is also used in compresses and creams as an analgesic. It helps reduce the pain of arthritis, swollen joints, sprains, back pain and general muscle pain. People also use it internally for menstrual pain and the pain of fibroid tumors.

Cloves -- have been used traditionally for dental pain. Apply oil of clove to the gum when you have a toothache. It is also good for arthritis and insect bites. It is an anti-fungal so add it to a foot bath for athlete's foot. It is also an anti-microbial. It helps with digestive problems and is good for nausea. Try it to settle hiccups. Make a tea of one half teaspoon powdered cloves to a cup of boiling water. Let it sit for 20 minutes and drink up.

Ginger -- is an anti-inflammatory. Use as a compress for in inflamed joints and sprains. It is also good applied to the chest for bronchitis, colds, allergies, on the abdomen for menstrual cramps. Steep as tea or nausea, colds, bronchitis, the flu, and to promote circulation.

Nutmeg -- used externally for eczema and arthritic pain; Internally nutmeg helps with indigestion, bloating, diarrhea and vomiting. A small

pea size amount taken over a long period of time has been known to help chronic nervous disorders and heart problems.

Oregano -- is a great cure for bad breath. Use it as a mouthwash for inflammations of the mouth or throat. It helps relieve headaches. When used as a tea it helps the coughs of colds and whooping cough. It has been used as an antiseptic as well as on insect bites.

Paprika -- is a good source of vitamin C. It has also been known to promote circulation and helps with menstrual cramping.

Parsley -- is used externally to relieve itching. Parsley is one of the most nutrient rich herbs we have. When taken internally it helps to detoxify the body. It is also useful as a diuretic. It is used as an anti-inflammatory and an anti-spasmodic. It helps urinary tract infections, indigestion, colic, menstrual complaints, and inhibits tumor growth.

Rosemary -- is used externally to promote hair growth, dandruff, scalp health, and circulation. It is used as a mouthwash, and an antibacterial gargle for sore throats. Internally Rosemary can be used as a pain reliever for headaches and arthritis. It also has been known to promote good digestion and circulation.

Sage -- when used externally it is good for acne, throat infections, gum infections, breast pain and oily hair. Internally sage settles indigestion and gas. It also has been used as a tea to help anxiety and depression.

Thyme -- is an anti-parasitical agent. When used internally it can help anything from the lack of appetite to poor indigestion and diarrhea. It also helps with a hangover and stomach cramps. A fusion of thyme has been known to help bronchitis, colds, and whooping cough. Externally thyme can be used as an antifungal, and on parasites such as scabies and crabs. One can make a tincture of 4 ounces of thyme to 1 pint of alcohol to help with that. It has also been used as an anti-septic.

Turmeric -- is used externally to heal wounds, relieve pain, and as a compress to break up chest congestion. Internally turmeric acts as a strong anti-inflammatory. It is one of the best spices to use for such conditions as multiple sclerosis. It is good in the treatment of hepatitis, where a blood purifier is needed. It helps inflammatory bowel diseases, ulcers, colic, and yeast infections.

Here is a recipe For Arthritic Tea -- one half teaspoon turmeric, three pods cardamom and one quarter cup water. Simmer five minutes and add one half cup milk and two tablespoons almond oil. Heat to just before a boil. Add honey if necessary.