Healing Herbs and Spices
Medicine Cabinet in Your Kitchen

OREGANO
helps soothe stomach muscles

MINT
can ease hiccups

GINGER
anti-nausea remedy

GARLIC
natural antiseptic

FENUGREEK
helps flush out harmful toxins

Fennel
can reduce bad breath and body odor

CLOVE
anti-microbial

SAGE
antiseptic and antibiotic

Thyme
relaxes respiratory muscles

TURMERIC
anti-cancer

BASIL
can relieve gas and soothe stomach upsets

BLACK PEPPER
help relieve indigestion

CAYENNE
can stop a heart attack

CINNAMON
helps lower blood pressure

Dill
treat heartburn, colic and gas

Rosemary
antioxidant