

# Healing Herbs and Spices

## Medicine Cabinet in Your Kitchen

<b>OREGANO</b> helps soothe stomach muscles		<b>Thyme</b> relaxes respiratory muscles
<b>MINT</b> can ease hiccups		<b>TURMERIC</b> anti-cancer
<b>GINGER</b> anti-nausea remedy		<b>BASIL</b> can relieve gas and soothe stomach upsets
<b>GARLIC</b> natural antiseptic		<b>BLACK PEPPER</b> help relieve indigestion
<b>FENUGREEK</b> helps flush out harmful toxins		<b>CAYENNE</b> can stop a heart attack
<b>Fennel</b> can reduce bad breath and body odor		<b>CINNAMON</b> helps lower blood pressure
<b>CLOVE</b> anti-microbial		<b>Dill</b> treat heartburn, colic and gas
<b>SAGE</b> antiseptic and antibiotic		<b>Rosemary</b> antioxidant