

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen



OREGANO
Helps soothe stomach muscles



THYME
Relaxes respiratory muscles



MINT
Can ease hiccups



TURMERIC
Anti-cancer



GINGER
Anti-nausea remedy



BASIL
Can relieve gas and soothe stomach upsets



GARLIC
Natural antiseptic



BLACK PEPPER
Helps relieve indigestion



FENUGREEK
Helps flush out harmful toxins



CAYENNE
Can stop a heart attack



FENNEL
Can reduce bad breath and body odor



CINNAMON
Helps lower blood pressure



CLOVE
Anti-microbial



DILL
Treat heartburn, colic, and gas



SAGE
Antiseptic and antibiotic



ROSEMARY
Anti-oxidant