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
Helps relieve indigestion

CAYENNE
Can stop a heart attack

CINNAMON
Helps lower blood pressure

DILL
Treat heartburn, colic, and gas

ROSEMARY
Anti-oxidant

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