

## SEASONINGS & HEALTHFUL BENEFITS

### Cinnamon

- Boosts brain function
- Assists with blood sugar control
- Antimicrobial properties
- Antifungal properties
- Anticlotting properties
- Contains calcium, vitamins and fiber
- Aids in digestion

### Curry and Turmeric

- Anti-inflammatory
- May decrease arthritis pain
- May decrease risk of certain types of cancers
- May protect against Alzheimer's disease
- May decrease cholesterol
- May boost brain function

### Tarragon

- Aids in digestion
- May help with insomnia
- Anti-inflammatory properties

### Dill

- Good source of calcium
- Antibacterial properties
- May have anticarcinogenic properties

### Cilantro (coriander seeds)

- May help control blood sugar
- May help cleanse heavy metals from the body
- Antimicrobial properties
- Rich in phyto-nutrients
- May help decrease cholesterol
- Aids in digestion

### Cumin

- Good source of iron
- Anticarcinogenic properties
- Aids in digestion
- Believed to be a blood purifier

### Saffron

- Aids in digestion
- May help with depression
- May have anticarcinogenic properties
- Rich in antioxidants

### Black pepper

- Aids in digestion
- Rich in antioxidants
- Antibacterial properties

### Cayenne pepper

- Anti-inflammatory
- Pain relief
- May help prevent ulcers
- May assist with weight loss efforts by increasing metabolism
- Improves circulation
- Decreases mucous production

### Basil

- Good source of beta-carotene
- Anti-inflammatory properties
- Antibacterial properties
- Rich in antioxidants

### Ginger

- Aids in digestion
- Anti-inflammatory properties
- Boosts the immune system
- May protect against colon cancer

### Mustard

- Rich in phyto-nutrients
- Anti-inflammatory properties
- May improve cardiovascular health
- Aids in digestion

### Oregano

- Antibacterial properties
- Rich in antioxidants
- Aids in digestion
- May assist with respiratory problems

### Peppermint

- Aids in digestion
- Useful in aromatherapy
- Makes a wonderful tea
- Rich in phyto-nutrients

**Rosemary**

- Anti-inflammatory properties
- Rich in antioxidants
- Anticarcinogenic properties
- Rich in vitamin E and minerals
- A mild diuretic
- May help to detoxify the liver
- May improve brain function and memory

**Sage**

- Anti-inflammatory
- Antimicrobial properties
- Rich in antioxidants
- May improve brain function and memory

**Thyme**

- Antibacterial properties
- Rich in antioxidants
- May benefit respiratory health
- Improves circulation
- Strengthens the immune system

**Parsley**

- Improves circulation
- Prevents bad breath
- Rich in vitamins and minerals
- Rich in antioxidants
- Mild diuretic
- May improve kidney function

**Garlic**

- Antibacterial properties
- Antiviral properties
- Rich in antioxidants
- May help decrease cholesterol

**Onion**

- Antibacterial properties
- May improve respiratory health
- May help decrease cholesterol
- May improve cardiovascular health

**Lemon**

- Lemon oil may be helpful for dissolving cellulite (phase 3 only)
- Rich source of vitamin C
- Boosts the immune system
- Antibacterial properties
- May be helpful for detoxifying the liver

**RECOMMENDED SPICES AND FLAVORINGS**

- Cayenne pepper
- Mustard powder
- Garlic powder
- Onion powder
- Black pepper
- Rosemary
- Thyme
- Marjoram
- Saffron
- Curry