



# Very Best Healing Spices (The Health Collection)

*Celine Tregan*

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## **Very Best Healing Spices (The Health Collection)** Celine Tregan

The Very Best Healing Spices offers an overview of the latest findings in the growing field of healing spices. With hundreds of tantalizing photos and dozens of appealingly simple recipes, this easy-to-use book is sure to please the health-conscious reader. Spices and seasonings known for their therapeutic properties are thoroughly described in index form, resulting in a straightforward 2-in-1 cookbook and food guide to all of the spices that will help heal and taste absolutely delicious. Discover the surprising medicinal qualities of basil, thyme, turmeric and pepper, and how to incorporate these aromatic foods into your daily diet. This beautifully illustrated book sheds new light on the multiple virtues of herbs and spices and contains a practical guide that features a clear and concise directory of 38 extensively researched healing plants and their curative and preventive powers. Recent studies have proven that because of the flavonoids they contain, herbs and spices are remarkable antioxidants that can help fight many forms of cancer, and many spices possess anti-inflammatory properties that combat rheumatic disorders and ease arthritis pain. Certain herbs and spices may even help prevent and delay many conditions associated with aging, including Alzheimer's, and have medicinal qualities that help control and fight diabetes, lower blood pressure, aid digestion, facilitate sleep, relieve intestinal gas and bloating, and much, much more. And, this book also proposes a variety of culinary uses for the 38 herbs and spices as well as delicious kitchen-tested dishes to enliven your recipe repertoire the natural, healthy way!

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