



# Spices

Suzy Cohen, RPh

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Back in the 1980's when I was studying medicine in college, I thought drugs were the answer to everyone's health problems. I could rattle off the next best drug off the top of my head like all the pharmacists in my graduating class in 1989.

As time went by, and life circumstances changed, a lot of thing in my life collided which made me **'think outside the pill.'** I realized that some of the medicines I was dispensing from the pharmacy had very harsh side effects, much worse than the symptom it was intended to treat. I noticed many didn't work at all, even though they had big price tags. When you pay a ton of cash for something you expect it to work, at least I do. This doesn't make me anti-drug, I'm just sharing the thoughts I had on my journey to becoming the practitioner I am today.

I am keenly aware we need many medications and some have tremendous value. I credit some with saving lives and I have gratitude. I've also come to realize that **all the healing compounds we need to survive, and thrive are actually present in natural herbs and spices.** We just take them for granted. We are so used to dealing with chronic health conditions in a pharmaceutical way that we've forgotten about anything else that could help.

**Before pharmaceuticals were patented, we had plants growing all over the planet that could help us with every ailment.** We've simply forgotten about the healing power of these plants, their roots, leaves, flowers, stems and seeds. After researching medications, herbs, essential oils and spices for more than 2 decades, I've noticed one similarity:



**THEY ALL HAVE POWERFUL ACTIONS ON THE BODY!  
THEY HAVE FEWER SIDE EFFECTS THAN MEDICATIONS.**



Being safer, I highly recommend you integrate spices into your health regimen, no matter what you are suffering with. Most people are used to salt and pepper, and that's where it ends. Some of you are a little more adventuresome and use garlic or onion powder or a little cayenne. But again, that is where it ends. I used to be like that when I was a young girl. **Today, my spice cabinet is like a natural pharmacy, I have dozens of spices and sprinkle them like medicine.** There are hundreds of healing spices, and many taste so amazing you'll wish you had discovered them years ago.

As a natural-minded pharmacist, and the most well-known pharmacist globally-speaking, I'm not afraid to tell you that spices have superpowers and you should cook with them every single day. Every single meal! No matter what you make, incorporate high-quality, fresh spices because they work better than any prescribed medication at my pharmacy! You'll believe me after you've read this book.

It's so easy, honestly, just sprinkle marjoram into the rice, shake a little ginger into your chicken gravy, a dash of cinnamon to your tea, or sprinkle a touch of allspice into your salsa along with the cayenne. What I've described is not necessarily a traditional use for that particular spice but that's because I'm adventuresome! I want you to do the same so I was pointing out stranger ways to use spices. Use your spices as flavorings for meals that you wouldn't normally. The idea is to integrate new and different spices for their healing benefits otherwise they just go stale in your cabinet. Experiment, it's kind of fun and you'll get used to eating them more frequently and **the side effect of that is health!**

The compounds in spices act upon the same metabolic and biochemical pathways that drugs do, but they do not cause the same problems as the drugs. Spices have powers that you cannot see, although your body still feels them. In the coming pages you will see just how powerful spices are and why I think they work better than drugs!

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## ALLSPICE



The best form is from Jamaica! This powerful antioxidant is loaded with 25 active phenols, ellagic acid, eugenol (just like in clove) and quercetin. These all quell oxidative damage that contributes to cancer, heart disease, memory loss and Alzheimer's. Ellagic acid in particular stands out for me, it is metabolized in the human micro biome to "uroolithin" which is being studied as an anti-cancer compound, especially for prostate cancer. Three different studies have all shown that allspice is capable of lowering blood pressure (in animals). The best part (if you're a woman) is that allspice can help improve and relieve symptoms of menopause!

## ANISEED

This spice has an uncannily similar flavor of licorice. The flavor of anise is due to the compound anethole, which is a strong inhibitor of the pain-causing cytokine called  $\text{TNF}\alpha$  (tumor necrosis factor alpha). This means it has anti-inflammatory properties just the drugs which also seek to reduce elevated levels of  $\text{TNF}\alpha$ . Anethole was written up in a scientific paper published in March 2015, in *Biotechnology Letters* because some researchers are trying to encapsulate nano particles of it to use for breast cancer.

In the Mediterranean region, this spice is very popular but you can buy it at spice shops all over the United States. Aniseed relaxes muscles in the respiratory tract and it is a strong anti-inflammatory. It would be my pick for you if you told me you had asthma or other disorders of the respiratory tract. The best-known use for aniseed is for the digestive tract. This use is even endorsed by the *German Commission E* (equivalent to the *United States Food & Drug Administration*). Aniseed can be used if you have bad breath, constipation, indigestion, bloating, abdominal cramps, flatulence or colic.

## ASAFOETIDA

If you love garlic and onion, this should be in your cabinet...but wrapped tightly because the aroma is strong and it will waft throughout your house for hours! No kidding, the word “foetida” in Latin means “stinky” but I don’t mind and I use it all the time. It is among the most powerful immune boosters I can think of and it is great for memory. Recently, a study published in the *American Journal of Alzheimers Disease and Other Dementias* that evaluated asafoetida’s role in cognition. Memory retention and markers for amnesia were significantly improved in the treated animals compared to the placebo group. The scientists attribute asafoetida’s benefit to two of its primary constituents called ferulic acid and umbelliferone. Just FYI, ferulic acid is well known to protect your retinas, especially diabetic retinopathy and other diseases of the retina.

Asafoetida is awesome if you have the flu or if you are worried about getting it. In 198, the influenza pandemic of Spanish Flu ravaged the world for almost 2 years and killed close to 100 million people. In the United States, about 10,000 Americans died every week and during that era, people wore bags of asafoetida around their neck to stave off the germ! The US Pharmacopeia (which sets medication standards) sanctioned the spice as a flu remedy.

## BASIL



I eat this fresh and cut up leaves on a tomato cucumber salad, but you can certainly sprinkle it too. There are approximately 30 different varieties of basil and they all contain phytonutrients and antioxidants such as apigenin, eugenol, orienting and vicienin. I want to call out apigenin in particular, because I wrote about it years ago to tell you how strong of an antioxidant it is, and how it can help with chronic pancreatitis and pancreatic cancer. This information is in my ebook, *Understanding Pancreatitis: Vitamins, Teas and Herbal Supplements*.

Studies show that basil has anti-stress compounds that help normalize high levels of cortisol and help lower blood sugar (which spikes when you come under stress). Basil also seems to reduce creatine kinase which is an enzyme generated during times of extreme stress (for example a heart attack. It should help with overworked adrenals which causes adrenal hypertrophy. Taken together, this means dipping into pesto cuts down on stress!

## **BAY LEAF**

You see this put into soups all the time for the taste, and when it heats up the bay leaf releases all its goodies - all the volatile oils! You would never guess that these little dried leaves could infuse so much health into your body. I don't even know where to begin! Bay leaf is fantastic for people with Type 2 diabetes. Research on humans showed that after one month, the bay leaf group had up to 26 % reductions in blood sugar! They also showed approximately 35 to 40% reductions in LDL cholesterol and a jump in the good HDL particles by about 25%! The bioactive compounds in Bay leave improve insulin sensitivity and glucose uptake while reducing inflammation and oxidation (rusting in your cells and damage to your DNA). This is another infection fighter. Research shows it can kill the virus that causes severe acute respiratory syndrome, known as SARS virus; this is a very dangerous and contagious lung infection.

## **BLACK CUMIN**

Black cumin is not the same as plain cumin, these are two different spices that look different and taste different. You can include black cumin spice in your diet (which I suggest) or look for supplements of *Nigella sativa*. It is helpful at normalizing cholesterol ratios. Because it is a powerful antioxidant, it can quiet down symptoms of asthma and chronic allergies. Two studies have suggested black cumin slows the progression of MS (multiple sclerosis). There are countless articles in peer reviewed journals regarding black cumin's ability to fight migraines, allergies, hepatitis C, parasites, Multiple Sclerosis, Alzheimer's disease, diabetes, and many different kinds of cancer. Studies have shown it can even cause cell death when used for pancreatic tumor cells.



## BLACK PEPPER



Next to salt, black pepper is the most common spice. There was a time when only the wealthy could afford black pepper. It stimulates taste buds as well as the production of pancreatic enzymes. In animal studies, one compound in pepper called “piperine” was able to reduce cancer-causing enzymes specifically in lung cancer. This research was published in *Molecular and Cellular Biochemistry*. Colon cancer too!

Researchers in the United States found that adding black pepper to a culture of colon cancer cells slowed growth. I’m a thyroid expert, having wrote the book, *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagine*. I have to tell you that people with hyperthyroidism (elevated thyroid levels) might benefit from black pepper. Researchers from India found that piperine works just as well as certain thyroid medications in treating hyperthyroidism, at least in their animal model. Doesn’t hurt to sprinkle if you have Graves’ disease!

You’ll commonly see piperine in curcumin dietary supplements and the reason it’s there is to drive the curcumin into your cells since curcumin is not normally absorbed well on it’s own. Finally, if you have rheumatoid arthritis, pipeline is known to reduce inflammatory

compounds which cause flares. If you have trouble with swallowing from a stroke, termed dysphagia, sniffing black pepper oil -NOT the pepper itself- might help with the difficulty swallowing induced by the stroke. This research was published in the *Journal of the American Geriatric Society*.

## CARAWAY SEEDS

This spice contains carvone, a natural intestinal antispasmodic and candida fighter. It is great after dinner, and possibly better than antacids. The germ responsible for most cases of food poisoning is E. coli and it hangs out in chicken, something most people eat a lot of. If you get contaminated piece of chicken, just remember that carvone can slow the growth of Escherichia coli or “E. coli” and thus, reduce misery associated with food poisoning. Caraway may help with an upset stomach. Aside from using the spice, you can make your own tea, it’s easy.

### Caraway Seed Tea

#### INGREDIENTS:

1 cup of water & 1 teaspoon caraway seeds

**DIRECTIONS :** Bring to a boil the water and seeds, then reduce heat. Simmer for 15 minutes. You can remove from the heat and let it sit on the stove for an even stronger infusion or you can immediately strain it, sweeten with honey (and even a mint leaf), and then sip.

**NOTE:** You can make this exact tea using fennel seeds too, another tummy soother!

## CARDAMOM



It's found in chai, this spice is excellent for relaxing the airways and helping people breathe. It can help with asthma. German research found that supplements which contain one of cardamom's active ingredients "cineole" could help asthmatics after just two months. The participants were able to reduce their need for steroids by about 36% compared to only 7% of the non-treated group. This research was published in *Respiratory Medicine*. If you're prone to sinusitis, perhaps you should have chai tea? I'm only half kidding, remember chai contains cardamom. More specifically, supplements of cineole (two 100mg capsules) were given to study participants three times daily. After just 4 days, symptoms were greatly relieved; there were fewer headaches, less sinus pain and pressure and reduced nasal secretions in those who took the cineole supplements.

## CELERY SEED

This is gout medicine! The taste of celery seed has nothing to do with the mild celery stalks you cut up and put in your chicken salad, or dip in hummus. Celery seeds have a strong flavor, use them sparingly. They are the tiniest spice in the entire world and 750,000 seeds are needed to make a pound. Animal studies suggest this spice might lower

blood pressure and cholesterol. When taken as a dietary supplement it acts as a diuretic so people often use it for hypertension instead of prescribed diuretics.

There are hundreds of active ingredients in celery seed, the most notable being apigenin, and antioxidant and phthalates which are strong anti-inflammatories. I know people who have stopped their allopurinol drug because the celery seed was so therapeutic. They are powerful anti-inflammatories and could help with rheumatoid arthritis, bronchitis, osteoarthritis and anything ending in “itis.” They work by squashing both COX1 and COX2 enzymes. COX-2 inhibition is what describes the pharmacological effect of many common and widely recognized medications such as ibuprofen (Advil or Motrin), naproxen (Aleve), and celecoxib (Celebrex).

## **CINNAMON**

Best known for balancing blood sugar, cinnamon is also helpful for other complications that occur with diabetes, for example hypertension, and cholesterol management. One clarification first, the cinnamon you think of, is really not cinnamon. It’s technically known as “cassia” but we call it “cinnamon.” True cinnamon is another variety known as “*Cinnamomum velum*” which belongs to the same family but it’s much harder to find.

Clinical trials done on cinnamon for blood sugar are almost always conducted with the cassia cinnamon that is sold in supermarkets and health food stores everywhere. In a recent study, 109 people with Type 2 diabetes were evaluated and those people who received cinnamon showed a slight reduction in hemoglobin A1C. In a smaller study, people with Type 2 diabetes who took 1/4 to 1/2 teaspoon of cinnamon daily showed a reduction in fasting blood sugar by about 29%.

## FENNEL SEEDS



Fennel is a licorice tasting vegetable and it has quite a tang. The volatile oil called anethole is the same compound that gives anise its licorice flavor. Fennel is probably the best spice I can think of for abdominal cramps. It is found in a product called “PediaCalm” and used for babies with colic and a study using this formula showed significantly less crying in babies who were given it. Women with menstrual cramps or dysmenorrhea can benefit.

A study published in the *International Journal of Gynecology and Obstetrics* found that fennel worked as well as ibuprofen in relieving menstrual pain. Another study of 110 teenagers in high school proved the same thing, actually better because the fennel supplement slightly outperformed the ibuprofen. Still, when you think about it, there are fewer risks with fennel than an NSAID [Non-Steroidal Anti-Inflammatory Drug] drug like ibuprofen. A Moroccan study found that fennel could lower blood pressure, the systolic number which is the top number in your reading.



## **GARLIC**

Don't worry about your breath! Garlic is best known for reducing blood pressure and protecting your heart. It's a natural blood thinner and works similar to aspirin but without the gastrointestinal side effects. Garlic can help normalize cholesterol ratios. Garlic can give you more flexible arteries which is excellent. The lining of the artery -the endothelium- generates nitric oxide which relaxes your blood vessels and widens them. Researchers found that after 2 weeks of taking a garlic supplements, the participants experienced endothelium dilation by 44%. The interesting thing is that these men were taking a statin and aspirin already. This powerful side has over 600 scientific studies on it to back it's ability to prevent and treat cancer. It seems to help prevent colon cancer, and stop the spreading of it if detected early enough.

Research from China on 5,000 people found that giving garlic supplements over a period of 5 years, reduced the rate of stomach cancer 47%. Women who ate the most garlic were 38% less likely to develop endometrial cancer. Garlic contains cancer fighting compounds that prevent cancer from hurting our DNA, clean up free radicals that damage the cell and boost activity of enzymes that kill cancer cells. As for cough and colds, garlic (and onions) are well known to provide immune-boosting benefits. One clove of garlic a day (or 1/2 teaspoon dried powdered spice) should be enough to get some healing benefits. If you'd like to supplement, I recommend Kyolic's Aged Garlic.

## GINGER



This spice is known to help with nausea, motion sickness and morning sickness. It contains many compounds including gingerols, which are strong antioxidant compounds. They also have strong antiviral and antibacterial effects. Researchers know that ginger limits the release of vasopressin which diminishes nausea related to motion. We all have a certain speed at which we digest our food and move it through the gut, it's referred to as gastric emptying time. Some experts recommend ginger for people with heartburn because it can cut gastric emptying time in half according to some research in the *European Journal of Gastroenterological Hepatology*.

Ginger also happens to maintain electrical activity in your stomach (termed tachygastria) during periods of motion sickness, otherwise the activity would be chaotic. Most people don't realize that our stomachs have electrical activity.

I recommend ginger spice for people who feel dizzy and nauseated. It's also a very strong anti-inflammatory and can help with joint pain, so you might consider this instead of ibuprofen. For a gentle effect you can use fresh ginger and turn it into a tea. You can sprinkle dried

**TACHYGASTRIA IS DEFINED AS THE INCREASED RATE OF ELECTRICAL PACEMAKER ACTIVITY IN THE STOMACH, DEFINED AS MORE THAN 4 CYCLES/MINUTE FOR AT LEAST 1 MINUTE. NORMAL ACTIVITY IS DEFINED AS AN ELECTRICAL SIGNAL AT A FREQUENCY OF 2-4 CYCLES PER MINUTE. TACHYGASTRIA MAY BE ASSOCIATED WITH NAUSEA, GASTROPARESIS, IBS OR DYSPEPSIA.**

ginger powder on your food or you can grate the real stuff, sold in the produce section at supermarkets.

## **LEMONGRASS**

This spice is found commonly in curry and Thai foods which I love! Lemongrass really comes from a grass native to Southeast Asia and it's my 'prescription' for you if you have nervous anxiety, tension, stress or insomnia. It is very calming. You can cook with it or take it in supplemental form. It can help with cholesterol too, even tough to tame cholesterol that doesn't respond to medications. Researchers at the *University of Wisconsin* studied lemongrass in 22 people and after 3 months, more than a third enjoyed big drops in their cholesterol, about 35 to 40 mg/dL.

Lemongrass can be used as a tea, to help with fungal infections such as *Candida albicans*, or thrush in the mouth. While it's too early to tell if lemongrass can help with epilepsy, an animal model suggests that it could reduce the frequency of episodes. More data is needed here. People often confuse lemongrass with citronella, but citronella oil is derived from an inedible form of lemongrass, they are not exactly the same.

## MARJORAM

This spice contains powerful compounds like ursolic acid, carvacrol and thymol which is very high on the ORAC scale which stands for Oxygen radical absorbance capacity. This is a method of measuring antioxidant power of different foods. Marjoram is able to trigger the release of pepsin, a protein-digesting enzyme found in gastric juice. Pepsin helps metabolize proteins such as those found in meat, eggs, seeds, or dairy products. Marjoram increases pepsin production by 30%. Marjoram is a natural, mild blood thinner so it could reduce platelet aggregation similar to aspirin.

Researchers in Iran found that it reduced clumping of blood components that cause dangerous clots by 40% which makes it a powerful player in those with cardiovascular disease. If you are worried about a stroke or heart attack, marjoram should be sprinkled on your food. Finally, it could slow Alzheimer's disease by boosting levels of your memory molecule acetylcholine. Ursolic acid is able to help ameliorate some of the symptoms of experimental autoimmune myasthenia gravis in an animal study from the *Journal of Neuroimmunology*.

## MINT

Mint gives us menthol as one of its active ingredients! You know menthol because it is in many topical muscle-relieving salves. Compounds in natural mint leaves can help with digestive problems. It should be a genuine consideration for people with IBS [Irritable Bowel Syndrome] and SIBO [Small Intestine Bacterial Overgrowth] and is particularly more helpful for these conditions when taken as an enteric-coated peppermint oil capsule. It works as an antimicrobial in the intestines.

Mint is perfect for most cases of indigestion. I buy my mint as fresh herb, dried herb and softgels made for oral use.

Italian research has provided us with solid proof that taking enteric-coated peppermint oil for a month will help with abdominal bloating, pain, indigestion, diarrhea, constipation and the sensation of incomplete evacuation. It could also help with flatulence and urgency of defecation. No small feat for mint, which is often dismissed as nothing more than gum flavoring or flavoring for dental products. The enteric-coated peppermint oil capsules are important because this allows the pill to come apart in your intestines, not your stomach.

**MINT CONTAINS MENTHOL AND IT IS NOT FOR EVERY SINGLE DIGESTIVE COMPLAINT, SO BE CAREFUL. ONE EXAMPLE WHERE YOU SHOULD AVOID MINT IS IF YOU HAVE HEARTBURN OR A HIATAL HERNIA BECAUSE MENTHOL CAN EXACERBATE THAT.**

Drinking spearmint tea twice daily can help with hirsutism in PCOS, a condition in women experience abnormal or erratic menstrual cycles, often missing periods for months. PCOS often causes unusually high testosterone levels which leads to hirsutism (excessive, unwanted facial or body hair). The research for mint's effect on PCOS was published in *Phytotherapy Research*.

Some of you have required chemotherapy and it has induced hot-flashes. There was a small study in the UK done on women who found that using a peppermint oil spray could lessen hot flashes induced by chemotherapy used for breast cancer. I don't have the exact formula for this spray, however, something like 15 drops to 4 ounces of distilled water should have some effect.



## NUTMEG



This spice is something I sprinkle on top of my oatmeal and coffee, and I use it in cookies and banana bread. It contains an intense, sort of sweet flavor which comes from myristicin, a volatile oil found in other spices including celery and parsley. Myristicin is found in nutmeg and has been studied quite a bit but in a way you may not have thought of. It fights worms, it's called an antihelmintic. A study published in 2015 found that myristicin has activity against "Anisakis simplex," a foodborne pathogen common to raw fish and sushi.

Myristicin can protect your skin from the damage of UVB rays, from sunlight. It might even help prevent the break down of elastin, which are the protein fibers that keep your skin tight. It's a strong anti-viral and was shown to kill 90% of rotaviruses, the most common cause of diarrhea. Nutmeg was studied as an aphrodisiac in animals and it increased libido and sexual desire. It also can boost mood and this was shown in a study published in the *Journal of Medicinal Food*.

Macelignan, another compound derived from nutmeg should help you with tremors and maybe even Parkinson's disease. It has an effect on inflammation and also protects degeneration of cells that make

dopamine. This compound has neuroprotective effects on your brain, specifically the cells that produce dopamine (termed “dopaminergic neurons”) and it might enhance the effect of medications too, rather than interfere.

## ONION

I use fresh organic onions, and dried onion powder on almost everything! White, yellow, red onions, shallots, leeks, any kind of onion, or spice derived from them is good for you. Cutting into fresh onions may make you cry, but they will make you well if you eat them! Try not to inhale when you cut them open, that’s what makes you cry. The chemical power in onions is due to the sulfur, which is also what gives them that familiar pungent aroma. Any cook knows that chopping onions releases chemicals that sting and make you cry.

Onions are rich in quercetin which is a powerful antioxidant that has anti-cancer activity. Quercetin is getting a good reputation as an excellent tool for cardiovascular disease. Several research papers have identified strong benefits and pharmacological applications for atherosclerosis, ischemic damage (angina), heart attack or cardiotoxicity by toxins or heart-damaging drugs.

Just like garlic, onions contain allicin, which is an organic sulfur compound, not to be confused with “sulfa” which is a compound found in prescription drugs which people are sometimes allergic to. Allicin is produced naturally in onions and garlic and it keeps pests at bay, it’s kind of like a natural plant pesticide.

Onions come in hundreds of varieties, shapes and flavors. Few spices come close to the anti-cancer power of onions. Data from a study in the *American Journal of Clinical Nutrition* was analyzed from thousands of people. Studies done all around the world have correlated a lower risk of endometrial, pancreatic and stomach cancer.

## THE MORE ONIONS YOU EAT, THE BETTER! ONIONS PROTECT AGAINST CANCER.

**BREAST CANCER- 25% REDUCED RISK**  
**COLON CANCER- 56% REDUCED RISK**  
**ESOPHAGEAL CANCER- 82% REDUCED RISK**  
**KIDNEY CANCER- 38% REDUCED RISK**  
**ORAL CANCER- 84% REDUCED RISK**  
**OVARIAN CANCER- 73% REDUCED RISK**  
**PROSTATE CANCER- 71% REDUCED RISK**

### OREGANO

You might associate this with pizza, and with Italy but you'd be right on only one count! It's definitely for pizza, every single pizza parlor in the US has a canister of this. But the #1 nation is Turkey, not Italy. The Turks use 1,000 tons of this a year all by themselves! The major components include thymol and carvacrol, and these classify it as much more than an antibiotic. It's like an anti-everything! Antibacterial, antifungal, antiviral and anti parasitic.

If I had to choose one major effect, it would be for digestion. Oregano is a strong anti-parasitic, it can kill almost all of them, including one-celled organisms to giant worms! Intestinal parasites cause diarrhea, bloating, gas, constipation and bloody stools. While we're in your gut, I'll tell you oregano can help with food poisoning too. Researchers have found that it fights Salmonella, Listeria and Shigella. A combination of oregano and cranberry extract was found to kill *H. pylori*, the bacteria that is associated with stomach ulcers. If you're prone to vaginal yeast infections, eating oregano can help you too.



## PARSLEY

I adore parsley, it is what I add to all my soups, at the very end. I just drop in an entire head of parsley (cut the stems) and then turn off the heat. This infuses my soup with one of the most powerful antioxidants on Earth. Parsley can increase levels of SOD (superoxide dismutase) and glutathione, two strong antioxidants that your cells naturally make (unless you have a genetic SNP which hinders that process). For more on genetic SNPs, you can read my article [here](#).

SOD and glutathione are both strong anti-cancer compounds so you want more of them. How does parsley do that? Danish researchers tested parsley and think that it's ability to raise SOD and glutathione comes from it's high content of apigenin. This spice has some diuretic action so it can help flush the urinary tract and reduce the formation of kidney stones. Some even think it can help reduce gallstones.

## ROSEMARY

This spice is really gifted in that it helps you head to toe. There are hundreds of compounds in rosemary which help relieve anxiety, reduce risk of cancer, improve memory, and protect from arthritic pain. Dozens of studies (both animal and test tube) prove how

potent carsanol, carnosic acid another components of rosemary can suppress cancer cells or cause apoptosis (programmed cell death). It may have benefits for people afflicted with breast cancer, prostate cancer and leukemia among others.

As for joint pain, it could help with osteoarthritis (wear and tear) and rheumatoid arthritis which is an autoimmune disorder affecting the joints, cartilage and surrounding bone of the affected joint. Studies in Mexico found that adding rosemary to an animal's diet alleviates pain and inflammation. Other research suggests rosemary could help you restore normal joint health. As for memory, you will need the essential oil of rosemary (as opposed to the fresh herb), and taking a whiff of it will not only reduce testing anxiety, but it will also improve cognition and total recall.

## **SAFFRON**

This is an antidepressant spice that helps with anxiety and insomnia. It contains many biologically active compounds including crocin and safranal which protect levels of dopamine, serotonin and norepinephrine, just like the prescription antidepressants. Saffron boosts mood and lifts a tired, worn spirit, but you will have to pay for it! This spice is easily the world's most expensive, but in my opinion it is worth having and using because it's much more expensive to get on a medication merry go around. A small human study of 40 participants were evaluated for mild to moderate depression. Saffron alleviated depression in 25% of the participants and worked as well as fluoxetine (Prozac). Another study published in *Phytotherapy* found that 6 weeks of treatment with 30mg of saffron helped boost mood. Many people with depression suffer with erectile dysfunction (ED) and poor libido. Researchers gave 20 men with ED 200mg saffron per day and after just 10 days they had improved function, at least that is the conclusion based upon the men's responses to a questionnaire. Their



scores improved 44% after just 10 days of saffron. Finally, crocetin is helpful at combating Parkinson's disease at least according to an animal experiment where the researchers found that saffron could protect the dopamine-generating brain cells and stabilize dopamine levels naturally.

Choose high quality saffron, don't buy the cheap stuff that is cut with turmeric, you want 100% pure saffron or high-quality supplements such as those made by [EXIR](#) brand.

## **SAGE**

Sage is good for your mind, it can protect your memory and improve your mood. There are different types of sage, for example the aromatic sort that Native Americans burn in smudging ceremonies. Then there's common sage (*Salvia officinalis*) and clary sage (*Salvia sclarea*). The sage I'm referring to is the spice you can buy at any health food store, it's also sold fresh in the produce section at supermarkets.

We rub sage on chicken as a poultry spice but you can also buy it as a supplement and herbal extract by Herb Pharm and other companies. Sage was shown to improve memory in a small study of 24 healthy men. They took a series of tests including those that flashed words and they were given these memory tests several times a day on 3 different days. The days they took sage supplements were the best days for them because they could recall details faster and more accurately. There was some Iranian research done on patients with mild to moderate Alzheimer's disease that proved sage "produced a significantly better outcome on cognitive functions." Interestingly, sage was shown in lab studies to help reduce flare-ups of herpes-related viruses such as cold sores and genital herpes.



## SESAME SEED

These little seeds can stabilize and improve blood pressure! I think you will get far better effects from sesame oil than eating the seeds themselves, even though the seeds themselves are slightly oily. It's just not enough, buy the oil. There is research from India which proved this. The researchers tracked 398 patients with hypertension, all of whom were taking nifedipine (Procardia), a calcium channel blocker used commonly for hypertension. Over the course of 2 months, they were told to use sesame oil as their only dietary oil. Remarkably, the participants enjoyed a tremendous drop in both their systolic and diastolic pressure. For example, the upper reading (systolic) went from 166 to 134 while the lower reading fell from 101 to 85. Further, the balance between sodium and potassium normalized proving better control of electrolytes needed to balance blood pressure naturally.

## THYME

There are many varieties of thyme, but they all contain thymol, a volatile oil that is one of the most powerful antiseptics known to man! Thymol is what you taste in Listerine. It is a natural cough suppressant and a strong antimicrobial. Thymol is found in many dental products too, and it can help prevent cavities according to a study in the *Journal of*

*Dentistry* and another one conducted on children published in *Caries Research*. This herb also has anti-viral effects and may help reduce outbreaks of cold sores. A study published in 2015, in the *Journal of Immunotoxicology* found that thymol and carvacrol, the two major constituents of thyme could reduce TNF $\alpha$  and Interleukin 1B (IL-1B) as well as other pain-causing compounds. Reducing inflammation is key to controlling many dangerous diseases, especially the chronic ones that cause pain all over the body.

This is interesting, we all know how much damage alcohol does to your brain and liver... thyme may protect the body from the damaging effects of alcohol abuse. Thyme is a strong antibacterial agent and can fight one of the most deadly organisms called Methicillin-Resistant *Staphylococcus aureus* (MRSA).

## **TURMERIC**

This orange-colored spice is native to India and it is a strong anti-inflammatory. It contains compounds that prevent our cells from oxidizing or rusting as I prefer to think of it. I call turmeric natural ibuprofen in my house. If I have an ache, I go and take an empty capsule and fill it up with some turmeric spice and swallow that capsule with some water. I do this in lieu of ibuprofen whenever I need a pain killer.

It is often used to reduce aches and pain all over the body. It can be applied topically if you make a paste with it to help clear skin problems and speed wound healing. It has been dubbed the anti-cancer spice because of all the research centered around it's ability to control the growth of cancer cells. Not only does it block the activation of genes that trigger cancer, it also slows the spread of tumor cells, kills cells that mutate into cancer, and shrinks some tumor cells. It can incredibly slow down the development of blood vessels which feed cancer cells causing them to spread. It has been studied for it's anti-cancer effects

on almost 3 dozen cancers including pancreatic, liver, esophageal, blood, bone, brain, breast, colon, prostate and skin cancer.

Some of the most remarkable effects are on breast cancer, and not just treatment of it, but also making chemotherapy easier on the body. As if that isn't enough, turmeric has shown benefit for people with scleroderma, psoriasis, chronic pain, age-related macular degeneration, asthma, gout, and chronic allergies. It dampens down many inflammatory chemicals so if you have a disease that ends in "itis" you can try turmeric or specialized supplements which have extracted one of its healing compounds called curcumin.

## **VANILLA**

There are at least 200 phytonutrients in vanilla including vanillin. There was a Malaysian study which found that vanillin could kill human cancer cells. In Thailand, a study found that vanillin could slow down metastasis, which is the term used for spreading of cancer cells. It turns off cancer-promoting enzymes and slows down angiogenesis, which is the formation of blood vessels which support cancer growth. Research conducted at the *Children's Hospital of Philadelphia* tested a vanillin-derived drug on mice and it should that it could help with sickle cell anemia. That is the inherited disorder caused by a mutation in a gene. In sickle cell anemia, abnormal hemoglobin (iron-rich protein that colors your blood red) causes your red blood cells to become rigid or sticky and simply put, it chokes off the proper flow of blood and oxygen to your organs.

**FLAVOR CHEMICALS AREN'T NATURAL  
E CIGARETTES ARE OFTEN FLAVORED WITH  
VANILLIN WHICH TASTES LIKE VANILLA. SOMETIMES  
ANOTHER FLAVORANT COMPOUND IS USED CALLED  
BENZALDEHYDE WHICH CONFERS THE TASTE OF  
ALMOND, MARZIPAN, CHERRY. A PAPER WRITTEN IN  
2015 FOUND THAT E-CIGARETTE FLUIDS MAY EXPOSE  
YOU TO HARMFUL LEVELS OF BENZALDEHYDE AND  
VANILLIN. JUST KEEP THAT IN MIND.  
E-CIGS ARE NOT WITHOUT PROBLEMS.**

## **WASABI**

It's hot stuff, best known as that green glob next to your sushi. Wasabi or "wasabi japonica" tastes a little bit like Chinese hot mustard (even though it's really more like Japanese horseradish). Compounds called isothiocyanates (ITCs) are potent sulfur-based anti-cancer compounds. These will also clear your sinuses, as most hot spicy foods do!

It's hard to imagine something so spicy and hot as good for your stomach, *but it is!* Japanese research has shown that animals given wasabi were protected from stomach cancer. More specifically, the animals that were not given wasabi developed four times as many tumors in their stomach, while the wasabi-treated animals showed suppressed rates of stomach cancer.

Moving down the body, colon cancer risk is also inhibited in the presence of wasabi. Scientists at *Michigan State University* found that compounds in wasabi inhibit growth of colon cancer cells by up to 68% and lung cancer by up to 71% and stomach cancer by about 44%. It may also be useful in reducing leukemia cell growth.



According to a clinical trial published in the European Journal of Nutrition, in 2015, compounds in wasabi cause colon cancers to commit suicide, which is what you want if you have cancer cells. The authors conclude, “Our studies revealed that WE exhibits anti-colon cancer properties through the induction of apoptosis and autophagy.” The hot stuff is clearly chemopreventive and after learning that I’ve started including more of it in my diet.

### *In closing...*

**If you want to reclaim your health, consider Mother Nature’s spice cabinet.**

I hope you learned how to use spices to target various health conditions. There is no end to the way you can use spices. I only ask that you choose organic spices from a high-quality source because the taste will be better and the healing compounds will be stronger. One more thing, about the seeds. It’s better to take the time to crush seeds before using them, rather than buying the prepared seeds. The flavor is so much better if you buy the whole seed and crush it. Shopping for spice and seed grinders can be kind of fun, there are vintage hand-crank mills available, or electric grinders that will also do coffee beans. You can use a mortar and pestle for your seeds. However you choose, I do think it’s an important distinction for your seeds. Grinding them right before use, or even grinding enough for a month at a time is better than using store-bought ground seeds. If you do a side by side flavor test you will never go back to the commercial ground.

Talking about spices and their benefits for various health conditions is sometimes like talking about religion and politics. It can get heated. It’s hard to imagine that spices have little more than flavoring purposes. After all, these are not commonly studied, there aren’t a ton of clinical trials, they are not ordered by a white-coat professional (except by

me, winkface) and so you may question their impact on your body, and also question their very use for health conditions. Naysayers will say that FDA hasn't approved this spice, so therefore it is not valuable, effective or safe. That is an absurd comment when it comes to spices. These healing plants have been growing on Earth for eons! Herbs and spices were our only source of medication before synthetics took over. Furthermore, your body responds to natural compounds, it knows how to metabolize them into smaller parts which can be safely eliminated. Herb and spices don't 'stick' to our cells the way that toxins do, like xenobiotics, pesticides, artificial ingredients and some pharmaceuticals. If it's FDA approved, I'm more apt to stay away from it, lol!

We, as humans, get into trouble when we use nothing but synthetic, man-made space-alien compounds to achieve an effect. The human body should be treated with respect, and treated gently. Our body doesn't really 'understand' how to process and eliminate foreign agents. And one more thing, remember this, many medications are derived from natural botanicals, they are taken to a lab and morphed a little bit so that they can receive a patent. My point is why not start with Mother Nature? If herbal supplements are a stretch, then why not start with spices. Spices added to foods will work like drugs do. My ebook will now teach you how to target and relieve various symptoms in your body with spices. They have strong medicinal actions. Healing with spices is a natural safe way to take care of yourself, and most of all, spices taste great!

CONDITION	BEST SPICES
Acne	Turmeric
Alcohol abuse	Thyme
Allergies	Black cumin seed or turmeric
Alzheimer's	Black pepper, fennel, saffron, sage, sesame seed
Angina	Pomegranate
Anxiety	Lemongrass, nutmeg, saffron
Asthma	Ajowan, aniseed, cardamom, wasabi
Bad breath	Cardamom, parsley
Bloating	Coriander
Blood clots	Chile, clove, thyme or wasabi
Brain fog	Cocoa, mint, saffron, sage
Bronchitis	Juniper berry or thyme
Bug bites	Bay leaf, celery seed or clove
Cancer	Asafoetida, basil, clove, fennel, garlic, saffron, turmeric
Cataracts	Tamarind
Cholesterol, high	Basil, black cumin, celery seed, cinnamon, cocoa, garlic
Cold sores	Clove, sage, star anise, thyme
Cold & Flu	Garlic, oregano, pomegranate, star anise, thyme
Colon cancer	Cardamom, coriander, turmeric, curry leaf
Constipation	Aniseed, black pepper, coriander, parsley
Depression	Black pepper, rosemary, saffron
Diabetes Type 1	Tamarind
Diabetes Type 2	Basil, Bay leaf, cinnamon, galangal, mustard seed, onion
Diarrhea	Ajowan, Cardamom, Nutmeg
Eyes, dry	Basil, tamarind

CONDITION	BEST SPICES
Flatulence	Ajowan, Asafoetida, turmeric
Gout	Celery seed, rosemary
Hearing loss	Black pepper
HIV/AIDs	Star anise
Huntington's disease	Sesame seed
Itching	Turmeric
Kidney disease	Juniper berries
Macular degeneration	Saffron or turmeric
Nausea	Ginger
Neuropathy	Chili
Osteoarthritis	Celery seed, chile, ginger
Osteoporosis	Cumin, onion, wasabi
Parasites	Oregano
Parkinson's	Saffron, turmeric
PCOS	Cinnamon or mint
Prostate problems	Garlic, mustard seed, pumpkin seed
Reflux	Caraway, ginger or turmeric
Seizures	Black cumin seed, cumin, lemongrass
Sickle cell disease	Vanilla
Sinusitis	Cardamom
Sore throat	Oregano, sage, turmeric
Thrush	Lemongrass, oregano
Tooth decay	Mint or thyme
Toothache	Clove
Urinary problems	Pumpkin seed
Yeast infections	Lemongrass, oregano, turmeric
Vitiligo	Black pepper

## About the Author

I hope you've enjoyed this ebook and learned how to use healing spices.

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[www.SuzyCohen.com](http://www.SuzyCohen.com).

I'm the founder of a unique line of dietary supplements, all highly bioavailable and gentle on the stomach. To learn more visit

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