

# Spices

## **Turmeric**

- Boosts immunity
- Supports your digestive system
- Cleansing effect from toxicity while fighting excess fat & ulcers
- After digested it purifies your blood
- Benefits watery nose, eyes & swelling

## **Cumin**

- “Cumin is like a matchstick that ignites fire in your body in case your internal stovetop isn’t working” —Anata Ripa Ajmera
- Helps digest savory food
- Great for anytime of the year
- Appetite boost
- Combat nausea- sprinkle cumin seeds or powder onto a lemon slice & lick it sporadically for quick relief
- For diarrhea- drink warm water mixed with 1 teaspoon of cumin powder
- Reduces inflammation

## **Himalayan Pink Rock Salt**

- Himalayan pink salt is associated with the Earth element which is more grounding and less likely to retain water.
- Helps prevent burning in the body & relieves skin conditions
- Constipation remedy- add a pinch of Himalayan pink rock salt to 10-15 soaked seedless raisins & eat before sleeping

## **Coriander & cilantro**

- It’s leaves are called cilantro & it’s seeds are called coriander
- Helps boost digestion while cooling your body
- Good option to relieve heartburn, acid reflux, hemorrhoids or heart related headaches

## **Ginger**

- The dry form of ginger is a powerful force to fight against spring afflictions like colds, asthma, sore throats, runny nose & diarrhea.
- Great tea if you feel yourself coming down with a cold- have a cup of warm water, add a slice of ginger, fresh or powdered turmeric, and a small teaspoon of honey. Let seep for 10 minutes and enjoy.