

Spice Up Your Life!

We all love the smell of herbs roasting in the oven, but they have many health benefits too! Here is an overview of nature's finest spices:

Ginger

Soothing for the tummy, ginger is also a potent anti-inflammatory and antioxidant that may help protect against heart disease and Alzheimer's. Get your ginger fix by adding it to a stir-fry or making it into tea. You can even chow down on pickled ginger with sushi.

Cayenne (or red chilies)

A heart-warming spice that is excellent for the circulatory system, cayenne has been known to prevent stomach ulcers, relieve pain, kick-start the metabolism for weight loss and boost the immune system. Cook it up with homemade pasta sauce, sprinkle it on eggs, stir it in soup or go Mayan-style and add it to your hot cocoa!

Oregano

We often associate oregano with Italian and Greek food, but it is now growing in popularity for its potent antibacterial and antiviral properties. It is also a powerful antioxidant that helps to protect cells against aging and cancer. Fresh or dried, sprinkle it over roasted vegetables, pasta sauces, casseroles, bean dishes and even your own personalized pizzas.

Garlic

A superstar in maintaining heart health, garlic has been studied extensively for its cholesterol-lowering properties. Other benefits include protecting cells against cancer, promoting circulation

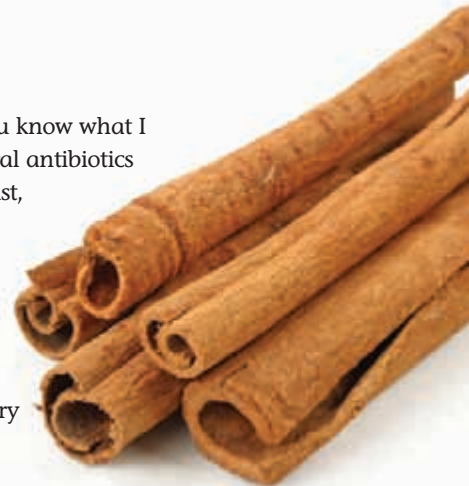
(especially for men... if you know what I mean) and boosting natural antibiotics and immunity to fight yeast, bacteria and viruses in the body. Have it fresh for the full benefits.

Turmeric

This bright yellow spice is the main ingredient of curry powder. There is much research touting its anti-inflammatory and anti-cancer properties. It is also useful for strengthening the liver and promoting detoxification. Cook up your own curry or add turmeric to omelets, mashed potatoes or meat dishes.

Cinnamon

This sweet spice is excellent for stabilizing blood sugar and preventing the dreaded sugar crash, making it an ideal spice for diabetics. Cinnamon is also anti-inflammatory, anti-microbial and may even help to lower cholesterol. Sprinkle it on oatmeal, toast, cooked apples, cereal or even ice cream!



Emily McPhee, RHN is available on Fridays at our Kerrisdale location (W 57th Ave), and can be contacted at: emcphee@choicesmarket.com or by phone at (604) 263-4600.