



JOE & TERRY GRAEDON

Spice Up Your Health

How Everyday Kitchen Herbs & Spices
Can Lengthen & Strengthen Your Life

Joe & Terry Graedon

Spice Up Your Health: How Everyday Kitchen Herbs & Spices Can Lengthen & Strengthen Your Life



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Spices have always been treasured both for his or her flavor and because of their potential to improve our health and wellness. Doctors used to consider the health-promoting properties of herbs and spices to be far-fetched stories, or aged wives' tales. New analysis shows, however, that many popular spices and herbal remedies have powerful results on our circulation, disease fighting capability and cognitive function. In this completely new 185-page publication, you'll learn about the exciting investigations completed in laboratories and treatment centers that time to the astonishing health advantages of culinary herbs and spices. Research indicates that this great culinary herb can improve memory, concentration and learning in animals. Spice Up Your Health this year! It may be equally beneficial in humans since it also relieves panic and tension. The anti-cancer activity of curcumin, the active ingredient in turmeric, is definitely attracting major research. Rosemary: "Rosemary is normally for remembrance." That's from Hamlet. It turns out Shakespeare may have been onto something. Find helpful quality recipes and easy home remedies that will help you cope with common health problems from colds and coughs to arthritis, hypertension and high cholesterol. Turmeric: Turmeric, for example, can ease arthritis pain, muscle cramps, irritable bowel syndrome, nerve discomfort and help with blood sugar, blood pressure, cognitive function and melancholy. Is it possible to think of a better present for family and friends than a new publication from The People's Pharmacy? Read our quality recipes for rosemary tea and a rosemary sports rub to ease sore muscle tissues and joints. Modern technology is definitely rediscovering what our ancestors understood thousands of years ago: herbal remedies and spices make meals taste good and offer some amazing health benefits. In addition, it makes food taste fantastic. You'll learn about spices that help digestion, help you overcome insomnia and lower bloodstream sugar.



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Five Stars like it Reliable. Great Reserve! They do the research that I have discovered to be dependable! Best there is!! My partner loves this book! We believe in the task these people do.



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