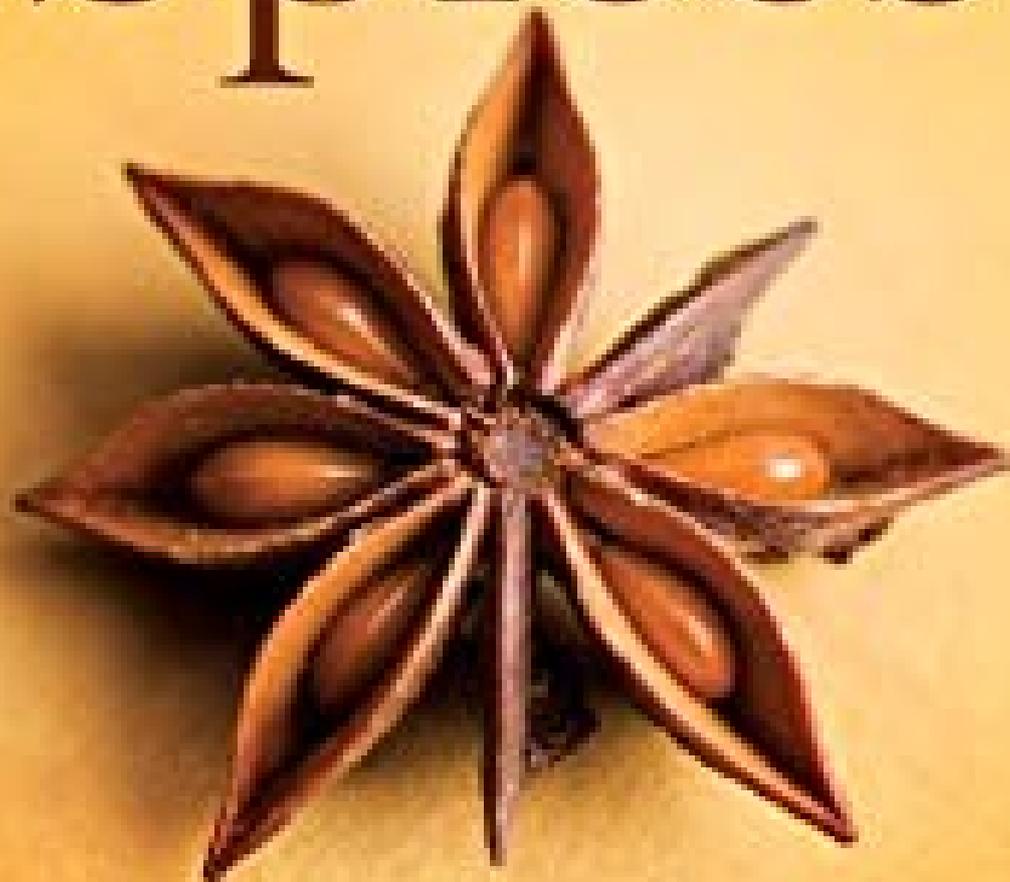


# HEALING Spices



HOW TO USE 50 EVERYDAY AND EXOTIC SPICES  
TO BOOST HEALTH AND BEAT DISEASE

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with DEBORA YOST

*Bharat B. Aggarwal PhD and*

## **Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease**



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Filled with easy-to-understand information and 50 recipes, this is actually the first book that shows you how exactly to use and cook with spices for optimal health and healing.to match the right spice to a specific ailment. Studies of dietary patterns around the world confirm that spice-consuming populations possess the cheapest incidence of such life-threatening illnesses as heart disease, tumor, diabetes, and Alzheimer' Bharat B.s. Aggarwal, the world'prescriptions''s foremost professional on the therapeutic usage of culinary spices, takes an in-depth look in 50 different spices and their curative qualities, and offers spice “—categorized by health state— Breakthrough scientific analysis is finding that spices-even more than natural herbs, fruits, and vegetables-are loaded with antioxidants and other unique health-enhancing compounds.



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Wonderful Book ..... I plan on ordering more for Xmas presents. I took zero chemo, radiation, no treatment at all. While I am not really using curcumin for this function, the statistics display a significantly lower incidence of dementia/Alzheimer's in India than in any other nation. It helped save my life. My wife bought this publication from Amazon for me about a year ago and now I have bought 8 more for relatives and buddies.. 2 1/2 years ago the doctors gave me 24 months to live ... Interestingly, the writer is definitely of Indian extraction as you can plainly see by his name.. Super excited to possess this knowledge with me and posting with as many as I can.... I cannot say enough concerning this reserve. They test me every six months and they say they can't find any cancer. By the grace of God and God showing my partner what spices and natural herbs to use in a smoothie which she makes me each morning( she goes through this reserve cover to cover and researched the spices and herbal remedies herself to ensure ). I can't say enough good stuff about this book. A must have in case you are health conscious and prefer to know more in what you eat and just why you should consume it... D. (Don't get worried, this isn't some text book structure, it includes a textbook level of info but presented in a nutshell, easily browse sections that don't try to impress you with their high syllable count. After that there are quality recipes using that spice.. I am a little bit of a details junky and whatever the subject, if I can learn something useful from it, I'll purchase it. I also am VERY discerning (picky?) about the standard of information that is presented and it's basic "information architecture"... put simply: Does it give me real, actionable information and does it perform it in a file format that is conducive to understanding the basics and as well to be able to use it as a reference later on. You can view where this is going... It has actually upped my spice awareness.-) This book is absolutely wonderful! I like this book for its extensive information and the methodical design. but this book really fits the description of being a "treasure trove" of information on the subject of spices. Every spice covered has information on its: History Use in healing (both scientifically validated and folk recommendations) Make use of in Cooking How to grow it How to process it (for cure or for cooking food) Storage and shelf lifestyle to maintain potency Other spices that it will go well with Types of meals that it is used in And even recipes! The curcumin molecule seems to have amazing properties, very broad spectrum, no side effects. I have A LOT of books.) When I see a book as well done as this, I question why everyone doesn't utilize this format and place this much care into a reference reserve? (Simple, they aren't truly experts or just are too lazy to mold the info into a clean, obvious and useable format that can be enjoyed equally by a novice or an experienced learner. To quote Stephen Stills, "something's taking place here. Anderson where in fact the author functions.. I was brain blown by a whole lot of spices and their abilities Five Stars Thank you! An Excellent Resource I have just recently gotten it therefore i can't be too detailed.. it'll become a well-used friend on your own bookshelf. This book was recommended if you ask me by a cancer survivor who was simply treated .. This publication is a helping hand in that area. This book was recommended to me by a cancer survivor who was treated at M. really exceptional!. I have many books on gardening, herbs, cooking, etc. This is a wonderful book on how best to use spices I've purchased 6 of these to give as presents. ; David living well in Huntington Far more details than I ever expected.. I was doing an investigation on curcumin and acquired contacted the author who is a research figure for the reason that field. He works at MD Anderson in Houston, one of the leading medical study centers in the united states. Serious research is being done at UCLA for example.. I have only used the curcumin section, but the others look very very good. It is just that 50 spices is a lot and I want to concentrate on curcumin right today. In fact it is all written in a clear, understandable design with helpful tables for quick reference and full color pictures for identification if picking them in the wild. Whether the benefits will endure double blind scientific trials we will see. A whole lot of high-powered research people are operating with it. There is a boat load of literature on curcumin, all on the net. IMO Healing Spices is a reference that belongs atlanta divorce attorneys kitchen, and you work the right path involved with it, as I am carrying out with curcumin. We was 4th stage melonia cancer.. Curcumin appears to have the capability to remove plaque from the brain and to protect human brain cells

from the plaque returning. For now, this is more a working hypothesis than a proven fact, but the chemistry fits. The business of the publication is excellent, with the spices divided into chapters with a discourse on the benefits of each spice. Curcumin is the active ingredient in turmeric, and turmeric is usually a staple in Indian cooking.)I could move on but I will stop here and state simply." A very useful book, beautifully illustrated and well-presented. I have osteoarthritis and also have been searching for ways to address it naturally, have already been thrilled with the outcomes thus far. It's a great resource book! LOVE THIS BOOK So informative and readable. A really great primer in to the world of spices and herbal products. Used a few of the remedies currently and have had great success. More great information i quickly expected This book was recommended if you ask me and I must say its includes a large amount of great information, this book is come up with well with a lot of great information on spices most of us have inside our spice cupboards. I have always felt that herbs and spices possess always assist in preventions with health, Gods places everything we are in need of on this earth to take care of our human bodies, we just have to be wise enough to figure it out.. I would totally recommend this to anybody and everybody Good book on the subject of spices! Very nicely written book! Great book Got this publication for future reference. It prompted me to go to an Indian supermarket where I possibly could buy most of the uncommon spices. This is a wonderful reserve on how to use spices, their healing power and also quality recipes. Everything is normally documented and researched. Well organized and understandle science Awesome book, the authors enthusiasm is felt in every page, and the information provided is inexpensive.. purchase this book in case you have ANY interest in herbal remedies and spices for wellness, cooking, growing or just for historical reference.



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