

- Herbs—Therapeutic use

Five herbs and spices to take daily for their healing powers

The Chronicle · 16 Feb 2022 · 15 · Alene Sullivan is the co-founder of Wholesome Market, an online health food shop.

Herbs and spices are important ingredients in most recipes, enhancing flavour and taste. And many of them can do a lot to keep you well.

Alene Sullivan (pictured), cofounder of online health food shop Wholesome Market, says, globally, people have known for centuries about their healing power. Here, she lists her top five delicious herbs and spices with amazing health benefits.

COCOA

Add cocoa powder to your daily smoothie to help stay energised, healthy and happy. For centuries, cocoa has been used in traditional medicine. It is one of the richest sources of polyphenols and is abundant in flavonols, which have antioxidant and anti-inflammatory effects.

FENNEL

Enjoy fennel raw, shaved into salads or, when roasted, fennel becomes sweet, making the perfect side dish. Known to aid digestion and relieve gas, fennel seeds have antioxidant, anti-inflammatory, antifungal, and antiviral effects. They have been shown to ease menstrual cramps as well as stimulate prolactin to help mothers naturally produce breast milk.

TURMERIC

An oldie but goodie, turmeric/ curcumin has a long history of use in traditional medicine due to curcumin's powerful antioxidants and anti-inflammatory properties. The spice is known to reduce pain, aid healthy digestion and improve memory. Try a turmeric latte.

CINNAMON

Naturally sweet and sugar free, cinnamon has powerful medicinal properties and benefits metabolism, helps with inflammation, fends off free radicals that can damage your cells, and fights bacteria. Studies show it can help lower blood sugar in people with diabetes. Add it to your daily cuppa or morning oats.

ASHWAGANDHA

Known for its anxiety and stressrelieving properties, it has been shown to improve heart and lung capacity and increase energy levels. It may improve brain function and memory and may provide reproduction benefits for those with sexual dysfunction. Best taken as a daily supplement.