



Ten Spices for Health and Longevity (Paperback)

By Valerie B Lull Mh

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*****. Forget drugs and artificial chemicals. For thousands of years, people have been harnessing the natural power of spices to restore their minds and bodies. In straightforward, easy to understand language the author translates the latest science into healthful tips anyone can use. Concentrating on the 10 most essential spices in our medical and culinary history, you'll discover how these pantry staples can reduce inflammation, soothe digestive disorders, relieve arthritis, improve mood and memory and even rejuvenate skin. For each of the ten spices you'll learn the spice's medical and therapeutic benefits, side effects to watch out for, easy recipes for making the most of flavor and health and additional uses of spices for everything from baths to mouthwashes to insect repellent. You can have your health and eat well too!.



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