

SUPER HERBAL SPICE POWDER FOR GOOD HEALTH

(Note- The Herbs and spices are medicinal supplements and help prevent disease and minimize medication dose. However, if someone has the disease such as diabetes, high cholesterol etc, the supplements are helpful but cannot cure or reverse the disease)

India is the land of spices and herbs, which have many beneficial health effects. Westerners sought to explore India not for its riches but for its spices. Many of the Indian herbs and spices have the established reputation of being useful in lowering blood sugar, blood cholesterol, blood pressure, help clear fatty liver and minimize body inflammation (swelling in body tissues). The medicinal herbs are potent antioxidants that remove the waste products and toxins from the body. The cleansing of the body tissues reduces the swelling and inflammation. The inflammation in body tissues is measured by a blood test called C Reactive Protein or CRP level. The level of CRP rises when there is silent body inflammation which typically presents as general body aches and joint pains. The well-known spices and herbs which provide these health benefits include:

- Cinnamon (दाल-चीनी)
- Turmeric (हल्दी)
- Ginger (अदरक)
- Black Pepper (काली मिर्च)
- Fenugreek seeds (मैथी दाना)
- Cloves (लॉग) - use it in winter, it is a powerful antioxidant
- Flaxseeds (अल्सी)

Preparation of Herbal spice Mix

Consuming individual spice separately may become cumbersome. Therefore, it is a good idea to make a powdered mix of all these herbs. Store the powdered spice mix in a glass jar in the refrigerator. You may add one teaspoonful to your breakfast smoothie or spread on the salad or add to raita (any kind of unheated, uncooked food) or simply add to a glass of water and drink it in the morning. Cooking and heating damages the healthy omega 3 oils and potency these spices.

INGREDIENTS	AMOUNT
Cinnamon	100 gm
Fenugreek seeds	100 gm
Turmeric	100 gm
Dry Ginger	100 gm
Flaxseeds	100 gm
Black Pepper	50gm
Flaxseeds	50gm
Cloves (use in winter)	10-15 pieces

Grind all of the above ingredients and strain it in fine sieve to make a fine powder. Store in a glass jar(never in a plastic container) in the refrigerator.

Ashwagandha (Indian Ginseng- Plant Withania Somnifera)

Ashwagandha root powder is a potent herb that has been used in Ayurveda for more than 4000 years. It is a herb that increases Insulin sensitivity and secretion and lowers blood sugar. It may also lower cholesterol and triglycerides. Additionally, ashwagandha is known to reduce the level of stress hormone cortisol, thereby minimizing stress, anxiety, depression and improving sleep. All these effects also reduce body inflammation. Ashwagandha root powder is available from many resources- Patanjali, Dabur, Jain Ashwagandha powder, Herbal hills and more. Buy a reputable organic preparation. Use the dose recommended by the manufacturer and it may vary from 250-500mg. The powder can be added to the green breakfast smoothies.