

Catalyst Gourmet - The Potential Healing Benefits of Spices

A quick review of some of the “Good for You Gourmet Spices” we use in our innovative products to support healthy living



BLACK PEPPER:

- Alleviates constipation, dry hemorrhoids, gas and loss of appetite. Anti-bacterial. Black pepper is said to produce heat required to help reduce coughs. Recent studies clearly show that black pepper increases parietal secretion of hydrochloric acid that is known to aid digestion. **Orac Value:** 27,618 μ mol TE/100g.

CARDAMOM:

- Rich Antioxidant. Strengthens the heart and lungs. Relieves pain, gas and sharpens the mind. Detoxifies the body of caffeine. Cleanses kidneys and bladder. Stimulates digestive system and reduces gas. Improves circulation to the lungs and thus considered good for asthma and bronchitis. Antispasmodic. **Orac Value:** 2,764 μ mol TE/100g

CINNAMON:

- Detoxifying herb, creates freshness, strengthens and energizes the tissues. Pain reliever, promotes digestion and has a natural cleansing action. Also helps with adult onset diabetes. Helps reduce inflammation Enhances the brain, cognitive processing, memory and visual motor speed. Also provides relief from cold & flu. **Orac Value:** 267,536 μ mol TE/100g

CLOVE:

- A natural pain reliever, clove oil is used to relieve tooth ache. It alleviates cough, cold & sinus. Also used for healing as a natural antibiotic and is has the highest antioxidant rating of all spices. **Orac Value:** 314,446 μ mol TE/100g

FENNEL

- Fennel seeds often provide quick and effective relief from many digestive disorders. They help to overcome gas, cramps, acid indigestion, and many other digestive tract maladies. These seeds are very rich in minerals including magnesium and an antioxidant. It is a natural diuretic and kidney tonic, so drinking fennel tea will increase the flow of urine and flush excess water and toxins from the body. Fennel seed encourages the digestive system to work at a faster rate. As an appetite suppressant, drinking a cup of fennel tea half an hour before a meal will take the edge off your appetite

GINGER:

- Makes food lighter and easier to digest. It aids in cleansing the intestines and promotes healthy bowel movement. Is an antioxidant that helps ease digestive problems. Anti inflammatory, Anti nausea, Aids in digestion of protein. Is as effective as non steroid anti inflammatory drug (NSAID) such as Aspirin. Is prescribed for common cold symptom, relief from motion sickness and upset stomach. **Orac Value:** 28,811 μ mol TE/100g

NUTMEG:

- Serves as tonic for heart and brain. The therapeutic effects of antioxidant rich nutmeg stimulates the cardiovascular system, promotes concentration, acts as an expectorant, reduces joint inflammation and helps also with liver removing toxins. Used in Ayurvedic medicine to treat many digestive conditions. It can help with the treatment of arthritis, neuralgia, muscle pain, rheumatism and poor circulation. **Orac Value:** 69,640 μ mol TE/100g

SAFFRON:

- Recent study published in *Cancer Detection and Prevention*, researchers touted saffron's anti-tumor and cancer-preventive benefits. The spice is rich in antioxidants such as Crocin, a carotenoid that helps prevent the spread and growth of cancer. Saffron has demonstrated efficacy against breast, liver, colorectal and pancreatic cancer cells. Increases uptake of oxygen from the lung into blood stream. It is also used sometimes used as an antidepressant by the medical community.

STAR ANISE

- Star anise has been used in Chinese and Ayurvedic medicine and cooking for centuries. Both cultures use it as a breath freshener and digestive. It's soothing to the stomach and is often used in cough medications. Star anise, an antioxidant, is also used with ginger & clove to treat nausea & vomiting. Anti-cancer & Cholesterol lowering attributes. Source of Tamiflu.

TURMERIC

- The main turmeric benefits are as a powerful antioxidant and it's anti-inflammatory and antibacterial properties. Curcumin is the active ingredient. It has been shown to stop cancer in all stages, and one scientist even stated that it is "one of the most perfect designer substances for fighting cancer." It will also protect the heart and lower your bad (LDL) cholesterol, and new research is showing great promise in the fight against alzheimers. **Orac Value:** 159,277 μ mol TE/100g

Sources Include: Dr. Nicholas Perricone, Cancer Detection & Prevention, Mayo Clinic & Other Studies.

ORAC Values from Nutrient Data Laboratory, Agriculture Research Service, USDA, Oxygen radical absorbance capacity (ORAC) of Selected Foods – 2007 & V2 updates.

(Note: The above statements have not been evaluated by the FDA and are not intended to provide medical advice or recommendations)

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