

The Healing Power of Spices - Healing Yourself Naturally with Spices (Healthy Living Series Book 10)

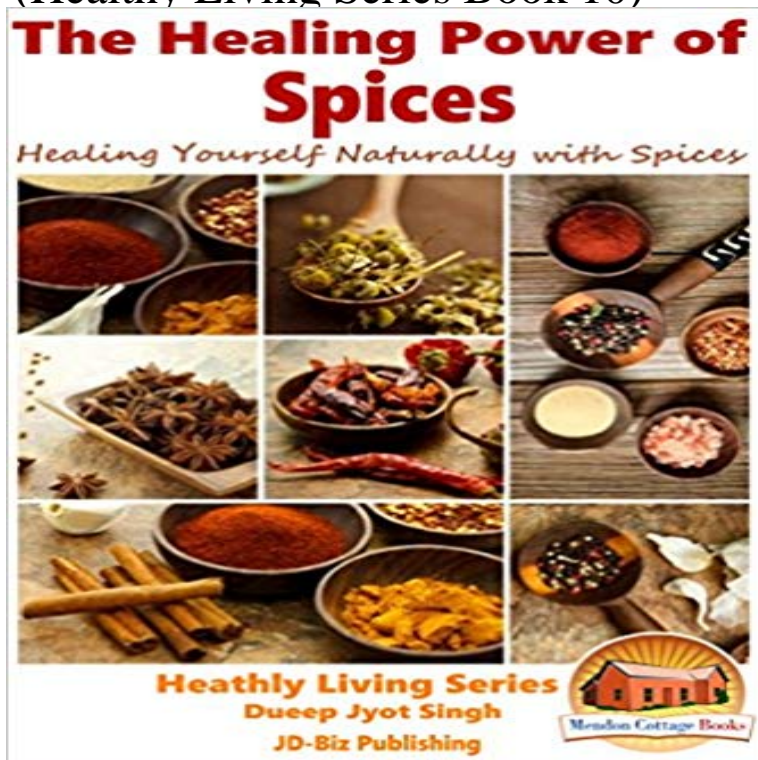


Table of Contents Introduction Pepper Toothache Wounds and Insect Bites Headaches Bishops Weed Coughs and Colds Bishops Weed Oil Coriander Sprains Flatulence Cure Cumin Seeds Digestive Water Urinary Infections Cumin for Female Health Edema Fenugreek Fenugreek Seed Balls Cardamoms Excessive Thirst Cinnamon Cloves Clove Water Cloves for Aches My Pain Relieving Mixture Cloves For Throat Infections Ginger Ginger Cure for Asthma Ginger for Dyspepsia Diarrhea Cure Dried Ginger Red Chillies Chillies for Alcoholism Traditional Winter Hot Oil Chillies Infused Oil Conclusion Author Bio Publisher

Introduction For many decades, I was under the impression that spices were only used as a culinary addition to make a supposedly bland and boring meal delicious. It was only when I began to get interested in naturopathy and natural cures, that I began to see that many of the knowledgeable and experienced naturopaths with whom I came in contact used some spices in some form or the other in order to produce a permanent cure of many ailments. This book is going to tell you about a large number of spices, and how you can use them effectively to cure yourself in timeworn and time-tested manners. In ancient times, cooks were highly experienced and knowledgeable healers. They knew all about the effect of spices on the human body as well as how they would affect a particular bio physiological makeup of one particular person. That is why, in Japanese, Korean, and in other countries in South Asia, the cooks were given the duty to heal an ailing person with the food they gave him. Spices not only add that bit of extra piquancy to our food, but they also provide an equilibrium between the energy given to the body from the normal food intake eaten at every meal and the bodys natural bio physiological makeup. In ancient times,

spices were so valuable that any country which produce a large number of spices was considered to be the richest and most desirable of all lands to conquer. The Roman soldiers were given their daily salary in salt salarus-which they used in making their meal with Garum anchovy or fish paste , onions and garlic. I remember an adventure story, where a group of adventurers went out to seek the buried treasure of an Elizabethan sea dog, found the treasure chests after a large number of trials and tribulations and the villains snapping at their heels, and open them up eagerly. Only to find no jewels or pieces of eight, but a large number of spices. Those spices would have made them multimillionaires in Elizabethan England, but in todays world, they are available on each and every departmental store shelf and in great abundance. We are fortunate in that way that we do not have to dole out tiny little portions of spices in order to add zest and spice to our food, while waiting for a ship load to come in with their exotic and expensive cargo. These spices came from the island of Zanzibar and other countries of Africa, India and other tropical countries, where they grew in abundance and were shipped globally since ancient times.

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