

# **MEDICINAL POWER OF SPICES**

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**7 Ultra Healthy Spices That Supercharge Your Body as You Eat**  
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### **The 7 Best Spices For Healing - mindbodygreen**

The Healing Power Of Spices. Humans have been using spices on their foods as far back as 50, B.C. But, beyond adding flavor, these dried.

## 9 Spices With Super-Healing Powers | [omalefim.ga](http://omalefim.ga)

Dr. David Heber, renowned expert on herbs and the author of "What Color Is Your Diet," says seven spices, in particular, are proven to have medicinal powers.

Spices do more than jazz up the taste of food -- they can also contribute significant health benefits. Here, 9 spices with healing powers.

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Massaging with the oil helps ease muscular and joint pain and sores. Korean studies noted that piperine protected cells in the cochlea the sensory organ of hearing in the ear from chemical damage. Brew a pot of peppermint tea.

Unlike pharmaceutical drugs, spices can be used long-term without concern. Like cloves, nutmeg contains eugenol, a compound that may benefit the heart. Like sage, turmeric works well as tea. One of its phytochemicals, shujone, best known as a chemical in the liquorak essential oil appears to fight bacteria, including E.