

Five amazing spices which are good for your brain.Turmeric,Ginger,Saffron,Garlic,Cinnamon use them.

Turmeric, Ginger, Garlic, saffron and Cinnamon are great herbal medicines.New scientific research shows that these are good for your brain. Most spices will last to twelve months, if they are stored properly. They are amazing herbal medicine.

April 4, 2010 - [PRLog](#) -- TURMERIC:

Turmeric is an essential spice in curry mix in India. People eat turmeric daily. The Alzheimer's disease rate is just 25% of the U.S. rate. Now researchers think they may know why. A UCLA study in mice showed that curcumin - the active ingredient in turmeric, which gives turmeric its yellow color, broke up brain plaques of amyloid beta, the abnormal protein build up that is a hallmark of Alzheimers.

HEALTHY TO EAT:

All North Indian curries have turmeric as a spice. Add a quarter spoon of turmeric powder in milk, stir well and drink.

<http://healthmad.com/conditions-and-diseases/turmeric-spice-many-health-benefits-important-spice-and-many-reasons-to-add-turmeric-to-your-diet/>

SAFFRON:

A 2007 University of Tehran study discovered that twice a day saffron works well in treating mild to moderate depression.

Sprinkle a pinch in a glass of milk, let it stay overnight in the fridge. Drink in the morning, or add half tea spoon of saffron to the water while cooking two cups of rice.

<http://healthmad.com/nutrition/health-benefits-of-saffron/>

GARLIC:

Long touted for its heart healthy benefits, garlic may also fight brain cancer. A study in 2007 journal noted that garlic compounds eliminated brain cancer cells. Please check with your Doctor.

HEALTHY TO EAT.

It is an integral part of most Asian dishes.

Mix one or two cloves of garlic, basil with tomato to make a healthy marinara.

<http://healthmad.com/nutrition/health-benefits-of-garlic-3/>

GINGER:

Mild migraine-prone patients with mild headaches were helped with Ginger

Healthy way is to add sliced ginger in vegetables and chicken and meat stew. Add a few slices of fresh ginger in boiling water, make tea using this water. Ginger tea is good for you.

<http://healthmad.com/nutrition/health-benefits-of-ginger-3/>

CINNAMON:

If you want to react faster in your next squash game, chew some cinnamon gum. It speeds the way your brain processes visual cues. Cinnamon regulates blood sugar levels.

HEALTHY WAY TO USE CINNAMON:

Sprinkle one tea spoon cinnamon on oatmeal for a great breakfast.

<http://quazen.com/recreation/food/cinnamon-spice-is-the-bark-of-an-evergreen-tree-ground-cinnamon-is-a-sweet-spice/>

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