SPICES

Let's not forget the power of spices as healing agents. They are available around the world, you just have to know how to use them. The ones we use the most are oregano (oil of oregano), cinnamon (blood sugar), cloves (parasites). Ginger is the most used spice/herb in China. Turmeric has become the most sought after herb for inflammation, especially when mixed with black pepper. Cayenne has stopped many heart attacks and Garlic is a powerful helper of the heart and circulation.

ALLSPICE:
- **liver balm**
- **colic, gas**
- **boil crushed bruit, apply on cloth for rheumatism, neuralgia**

ANISE:
- **breaks up mucus**
- **hard dry coughs**
- **tea: 3 tsp crushed seeds, 1 cup boiled water, steep 20 min. add honey.**
- **stimulates production of mothers milk**
- **flatulence, bloating(esp. infants), colic (babies)**
- **anise and caraway tea removes poisons from the body, flushes them out.**
- **was used to heal kidney stones (2 tbsp in 1 qt grape juice, simmer 1/2 hr, drink 7 oz 3X/day).**
- **use as tea for asthma**

BASIL:
- **indigestion**
- **fevers**
- **colds/flu (anti-viral)**
- **kidney/bladder troubles**
- **headaches, cramps, nausea, vomiting**
- **constipation**
- **tea: 1 oz to 1 pint, simmer 20 min with 3 powdered black peppercorns per cup for fevers**
- **apply basil juice to skin, for itching and ringworm and insect repellent.**

BAY LEAF:
- **add to soup for gas and indigestion**
- **too strong to take large amount internally but externally use as poultice on chest for bronchitis and coughs.**
- **digestive aid, stimulates appetite**
- **massage bay leaf oil around sprains, rheumatic joints**

BLACK PEPPER:
- **take at first sign of disease.**
- **dose of 7 peppercorns ground (1/8 tsp) mixed with honey each morning as prevention to illness. This also helps**
mucous and sore throats.
- **for acute disease, use 3-4 times a day.**
- **for constipation, nausea, vertigo, arthritis**
- **digestive aid, relieves gas, diarrhea**
- **contains chromium, good for pancreas and heart**
- **earache: oil a piece of cotton, sprinkle with fresh ground black pepper, place over ear (not in it).**
- **sinus problem: 1 tsp honey, sprinkle with fresh ground black pepper and eat it.**

BLACK TEA
- reduces high blood pressure, lowers cholesterol
- rich in natural fluoride, reduces tooth decay
- apply wet tea bag over insect sting for quick relief
- pour over and over and over a bad burn (use body temp)
- for sore and tender ovaries

CARAWAY:
- digestion, gas, colic, nervous
- use 1 oz crushed seeds with a pint of boiling water, steep 20 min. Or just let seeds stand in cold water overnight. Take tea frequently 2 tbsp until relief.
- mixed with anise makes it even better
- antispasmodic
- improves appetite
- colic, nervous conditions
- sweetens breath
- relieves phlegm
- increase mother's milk: 1 tsp seeds in 8 oz cold water. Bring to boil, simmer a few minutes. Drink several cups a day.

CARDAMON:
- mostly used for indigestion, gas
- warms the body, good for diarrhea, colic, headaches
- eye and brain food
- soothes all membranes, incl. stomach, lungs
- Chai tea: 1 oz fresh ginger, 7 peppercorns, a cinnamon stick, 5 cloves, 15 cardamon seeds. Heat in 1 pint of water, simmer 20 minute. Add 1/2 cup milk, simmer another 20 min. Sprinkle nutmeg and few drops vanilla extract. Drink 1 cup sweetened with honey twice a day as needed for warmth.
- if cannot digest bananas, eat a few of these seeds after.

CAYENNE:
- heart attack (1 tsp in 1/2 cup warm water), high or low blood pressure
- cold hands/feet (circulation)
- rub on toothache, swellings, inflammation
- to stop bleeding (it normalized circulation)
- don't use on broken skin
- Dr. Christopher says stops bleeding ulcers within 32 hours
- ears burning: drink cayenne in a little hot water
- swelling behind ear: cayenne in a little water and rub on the back of the ear.
- don't eat seeds, they can be toxic. Don't touch eyes or open sores after touching cayenne.

CELERY:
- increases uric acid - kidney cleanser, helps remove urinary stones. For kidney and bladder troubles eat celery tops after each meal for 5 weeks.
- helps protein digestion
- celery seed for high blood pressure
- for gastric troubles, colds, coughs, respiratory ailments
- eat fresh stalks of celery after childbirth to stimulate milk production
- celery juice for joint inflammation, rheumatoid arthritis, nervous exhaustion

CINNAMON:
- warms organs
- for diabetes
- helps diarrhea, abdominal pains
- as tincture give every 15 min. to stop bleeding of uterus.
- for indigestion, gas, diarrhea or dysentery simmer in milk and take with a little honey
- warming and energizing to kidneys
- helps asthma, wheezing, coughing
- scanty menses
- germicide, blood condition, circulation
- bed-wetting for children and helps them sleep
- lead poisoning or radiation: toast 1 slice bread very brown. Butter it and add sprinkle of cinnamon on it. You can also add honey
- for colds combine with sage, bay leaves and cloves, boil in apple juice
- bleeding bowels: 1/2 cup cinnamon tea 4 times a day or chew on cinnamon bark until you can get professional help.

CLOVES:
- flatulence, vomiting, nausea.
- allspice has similar action.
- good for bronchial catarrh
- mucous in chest or urine
- take 1 cup hot water, add dash cloves, honey if you wish. This also helps nausea and vomiting.
- eczema with ulceration drink 3 cups clove water a day
- breath freshener
- expels worms, kills eggs
- good if liver swollen and hard, damages or has tumors.
- oil of cloves for toothache: bruise handful cloves, pack in jar, cover with olive oil till jar is full. Leave for a week, strain, saving oil, add fresh cloves. Repeat as often as necessary until oil is saturated with cloves.
- clove concentrate: bruise handful, steep in boiling water, then simmer a few minutes. Don't allow water to reduce much or it will be too strong. One tsp of this add to 1 cup hot water to make a tea which is soothing, slightly sedative. Also for depression.
- paper cuts on fingers. Wet finger, dip into powdered cloves, pain disappears because of anesthetic effect.

CORIANDER:
- digestive tonic, mild sedative
- in green stage (cilantro) for detoxing mercury
- steep in tea to relieve fever (add a little black pepper to stimulate its action). Use 2 tsp crushed seeds to 1 cup boiled water. Steep 20 minutes.
- as an oil rub on painful and rheumatic joints (cooling, soothing, calming)
- relieves fever as a tea, also helps gas and indigestion

CUMIN:
- relieves and prevents gas
- given to women after childbirth to increase breast milk
- 1 tsp seeds in 1 cup boiled water (or put in gelatin capsules and take 2 at mealtime in the evening)
- use externally in liniments to help circulation and bring warmth to the area.

DILL:
- high natural mineral salt content
- tea: 1 tsp dill seeds, 8 oz cold water. Bring to boil, simmer 10 minutes. Drink before or with meal.
- gas, indigestion, cramps, colic
- hiccups, insomnia
- increases mothers milk
- seeds freshen breath
- simmer seeds in olive oil, rub on forehead to sleep better. Rub on abdomen to relieve pain, ease infection, relieve liver trouble, help hemorrhoids, painful fissures
- for hardened bowel movements simmer 1 tsp seed in 1 cup boiling water, strain and eat hot seeds on bread. Drink the remaining tea for digestive improvement

FENNEL:
- 1 tsp crushed seeds, 1 cup boiled water, steep 20 min.
- drink 3-4 cups to balance obese condition
- colic, cramps, gas, expel mucus
- cooled tea as eyewash.
- drink tea for colds/flu
- colic: 1 tsp seeds to 1 cup water, boil, simmer 10 min. Strain, give children 1 tsp in water every hour (adults 2 tbsp)
- tea promotes lactation, relieves colic in nursing child
- irregular menstrual periods, hormonal like action - use tea 3 times a day before and during the period.
- promote free flowing urine, combine with caraway seeds and juniper, as tea
- in food helps digestion. 1 cup tea helps too much stomach acid.
- can use as eyewash (strain tea and bathe eyes in it)
- chronic coughs, respiratory
- put tea in bath to detox the body and release toxic waste.
- helps hangovers

FENUGREEK:
- all mucous conditions, lung congestion
- 1 oz crushed seeds with 7 crushed black peppercorns, 1 pint water. Cook low 30 min.
- diabetes, gout
- rejuvenator
- poultice for boils
- relieves ulcers and other inflamed conditions of stomach and intestines
- fever, diarrhea, gas
- use as poultice of hot milk, the crushed seeds relieves inflammation, swollen glands, sciatica, bruises.

FLAX:
- used in laxatives
- helpful for sore throats, bronchitis, hoarseness, coughs
- tea helps pulmonary infections
- flaxseed oil heals externally and internally: eczema, arthritis, menstrual cramps, atherosclerosis. Sprains, simple tumors.

GARLIC:

- antibiotic. English used tons of it during WW1 on wounds. While it has only 1% of impact of penicillin, it is more effective than penicillin with gram negative bacteria
- high in selenium
- antidote to mercury poisoning
- natural cleanser and tonic, no side effects
- doesn't destroy body's friendly bacteria
- anti-fungal
- anti-viral
- stimulates immune system
- mononucleosis, staph, coughs, bronchial congestion
- for long term cardiovascular, reduces blood cholesterol, strengthens arteries, reduces risk of further heart attacks
- regulates blood pressure
- anti-coagulent (may prevent strokes)
- helps regulate blood sugar levels, helps adult onset diabetes
- Garlic Oil: 1/2 pound peeled and crushed cloves. Put in jar, cover with olive oil. Close tight, shake few times each day for 3 days, storing in a warm place. Strain through clean cotton cloth. Store in cool place.
- earache: drop little garlic oil into ear, leave 10 min then remove with some cotton.
- anti-parasitic: 3 cloves garlic boiled in 1 cup milk 5 min. Cook, strain, drink. Drink every night for 10 nights in a row.
- gastroenteritis, dysentery. Blocks formation of colon cancer, may help prevent many other cancers.
- fresh on skin for acne and skin problems. Raw on warts and corns. Rub on insect sting for pain relief.
- promotes sweating, acts like anti-histamine.

GINGER:

- 1 oz fresh ginger, simmer 10 min in 1 pint water for indigestion, cramps, nausea
- take with honey and lemon for colds/flus, helps sweat
- add to meat dishes will help intestines detoxify the meat, helps digest protein.
- Ginger is a milder stimulant than cayenne. It goes from capillaries through venous structure to the heart and back again. It is more diffusive than, but may be used a a substitute for cayenne when cayenne is unavailable. Ginger heats the exterior of the body; whereas cayenne goes more to the interior of the body, so it is often used together in remedies.
- externally fomentation for pain, arthritis, rheumatism, sprain, muscular aches, inflammation, stiff joint (simmer 5 oz grated ginger root in 2 qt water 10 min, strain, soak cloth in the water and apply to area).
- squeeze out juice, mix with veg. oil and use as massage for muscle pain.
- Another ginger tea: 1-2 tsp granulated Jamaican ginger to 2 cup boiling water. Pour hot water over ginger. Cover, steep till cool enough to drink. Drink 1/2 - 1 cup at a time.
    - use as hot compress on stomach for cramps, on hands/feet for cramps
    - drink for stomach flu, or if week or heavy feeling in stomach
    - hoarseness and asthma, intestinal catarrh, painful anus, painful and hot hemorrhoids
- promotes sweating
- for travel sickness, sickness in pregnancy
- stimulates circulatory system, immune system
- for urinary difficulties
- hot tea stimulates delayed menses, relieves menstrual cramps
- for loss of appetite, chills, infectious diseases (colds/flu)

HORSERADISH:
- when frontal bones hurt, for sinus trouble, for salivary gland difficulties
- gargle with broth for throat problems, hoarseness, hearing problems
- for cataracts and inflammation of eyes. Root is grated and eaten raw or a broth is made.
- if burning or cutting feeling in gland which is worse at night, try horseradish
- boil in apple juice to give copious urine if kidney is blocked.
- helpful in digestion
- used as pain reliever for neck/back pain

JUNIPER BERRIES:
- rids body of toxins if arthritis and gout
- reduce indigestion, gas, urinary infection
- make tea for menstrual cramps or upset stomach
- gentle stimulant and diuretic
- helps kidneys and reduces tissue swelling

LEMON BALM:
- indigestion, esp. worry or anxiety
- anti-bacterial, anti-viral
- nausea, flatulence, insomnia, menstrual pain
- deters colds/flus taken at onset
- steam inhalation for bronchial catarrh, sore throats
- repels insects

MACE:
- it is the covering of nutmeg
- burn as incense to increase sense of self discipline, increase concentration power

MARJORAM:
- 1 oz in 1 pint boiled water, steeped. for upset stomach, headache, colic, cramps, nausea of menses, abdominal cramps
- add tea to bath for insomnia, calming
- fomentation for swellings, rheumatic joints.
- mild tonic, aids fever
- headaches/migraines, gastro, nervous disorder
- calms respiratory
- for sore throat soak cotton cloth in tea, wrap it around throat. Wrap another larger cloth over it, make as airtight as possible. Leave on several hours or overnight.

MUSTARD SEED:
- 1 tsp crushed seeds in warm water as mild laxative, blood purifier.
- 1 tbsp is quick emetic (induces vomiting)
- mustard plaster (mix with cold water into thick paste, spread on cotton cloth, place thin cloth on skin, then plaster), keep plaster on till skin begins to redden and burning sensation is felt. Remove and wash any remains from skin. If too strong, dilute with little rye flour. After removing, dust with flour and wrap area in dry cotton.
  This is good for sprains, spasm, aches, cold areas needing circulation. Not for tender, sensitive areas.
- blood purifier and laxative.
- add to foot bath, it warms and deodorizes feet, relieves a cold
- Swallow 2 seeds a day to improve memory.

MYRRH:
- gum infections, gingivitis, sore throats, mouth ulcers
- thought to cleanse prostate system and balance hypothyroid problems
- whole plant as tonic. Root for girls 15-18 hr. Strengthens elderly
- in Arabia used for athlete's foot, eczema, cracked skin, ringworm, wrinkles.
- has been used for asthma, coughs, bronchitis.

NUTMEG:
- size of pea can be taken once a day to relieve nervous disorder and heart problem.
- add to food to help digestion and relieve nausea
- large doses are poisonous, may cause miscarriage.
- stops fainting fits
- helps weak heartbeats
- use if bewildered or confused
- digestive, esp if digestive enzymes of pancreas can't reach duodenum. Outlet is swollen. Take 6-7 oz hot water, add 1 tsp cloves and dash of nutmeg (about 1/4 tsp). Drink and the valve will immediately open.
- if tongue adheres to roof of mouth
- if abdomen distended (without nausea)
- if objects appear distorted in size
- for boils/pimples take 1/3 tsp in 4-5 oz water with 1 tsp honey. Drink this 3 mornings in a row, then don't drink it for 3 days. Repeat this 9 times.
- add 1 heaping tsp to bathwater of teenagers to make then more self-reliant
- digestive aid, helps nausea, vomiting, diarrhea, food poisoning
- make into oil for aching teeth with cotton swab
- as tea inspires sleep, helps frigidity, impotence, nervous fatigue.

OREGANO:
- anti-viral
- may help balance metabolism
- as tea for coughs, stomach, gallbladder problems, menstrual pain
- chew on leaf for temp. relief of toothache
- nervous headaches, irritability, exhaustion, sedative
- use externally for swelling, rheumatism, stiff neck

PARSLEY:
- chew raw to freshen breath after eating garlic/onions
- as tea for urinary assistance
- poultice for insect bites, wounds
- bruise leaves and apply to breasts to soften hard breasts
- good for arthritis, also helps keep arteries clear
- bladder stones/kidney stones drink 1 quart tea 3 days, then just 2 cups a day thereafter. Another recipe is to drink parsley tea for 3 days without eating food.
- 3 cups tea a day for loose teeth

PEPPERMINT:
- helps indigestion, intestinal spasms, gas, colic
- stimulates liver
- as hot tea encourages warming, taken cool will cool
- helps nausea, travel sickness, fever, flu

- an analgesic, calming, good for headaches and migraines
- soothe sore throats, antibacterial
- sinus: drink lots of tea, apply large warm peppermint pack to area for immediate relief
- apply tea to sore scratches. Use as eyewash for inflammations
- use for shingles, infected or painful nerves, as a wash for skin ailments, itching, burns, ringworm, bug bites
- mild tea as a douche
- if someone is having an operation, place peppermint leaves on their picture and pray for healing. The operation will have no side effects and healing time will be shorter with no complications.

ROSEMARY:
- substitute for aspirin for headaches
- indigestion, colic, nausea, gas, fevers
- high in calcium so benefits nervous system
- tea: 1/2 oz in 1 pint boiling water, steep 10 min.
- good for hair, add to hair rinse. Encourages growth, relieves dandruff, restores color
- makes good antiseptic mouthwash and gargle
- known as blood thinner, strengthens heart muscles, weak stomach
- helps colds/flu, digestive difficulties
- stimulates circulation, helps pain by increasing flow of blood where applied. Aids in fat digestion
- used for aching joints and rheumatism
- has been used to stimulate delayed menses, prevent miscarriage, help restore the female system.
- nervous upsets, headaches, exhaustion, congestion of the liver
- may help immune system, improve candid
- put sprig under child's pillow to help alleviate nightmares

SAGE:
- make tea and gargle for sore throat (1/4 oz to 1 cup boiling water, steep 20 min). Use as mouthwash for gum disease, mouth ulcers
- good tonic, liver stimulant, improves digestion. Antiseptic, anti-fungal, contains natural estrogen
- upset stomach
- night sweats
- clear vaginal discharge
- stop flow of milk
- helps in early stages of flu/cold, sinus congestion, bladder infections, inflammatory conditions.
- don't use for more than a week at a time but during that time it can be used 3 times a day.
- rub down the body with the tea and use in a bath to reduce fever
- used as an antidepressant. Helps body and nervous system relax.
- known to relieve allergies
- helps body digest proteins, promotes flow of bile. Use if bloated.
- some say it prevents hair from graying
- to use as antiseptic, pour tea on a pad and apply to skin to help heal wounds
- helps reduce salivation in Parkinson's disease
- reduces body secretions: helps night sweats, vaginal discharge, excessive perspiration, and slows the flow of milk

- stimulates uterus, reduces blood sugar
- for varicose veins, ulcers of legs use hot compresses and sage foot baths

SAVORY:
- an antiseptic, helps whole digestive tract
- stimulates appetite, eases indigestion, gas, gastric pains of nervous origin
- as tea use for mouthwash and gargle
- in Germany used for diarrhea, helps get rid of intestinal parasites
- known to help some types of deafness
- antibacterial, anti-fungal, anti-viral
- used to treat staph and candida

THYME:
- destroys fungal infections like athlete's foot and skin parasites (scabies, crabs, lice). Use tincture for this.
- good for parasites in intestines
- as tea for bronchial problems (bronchitis, whooping cough, laryngitis) 1 oz in 1 pint boiled water, strain, sweeten with honey.
- don't use in large amounts. One oz a day is adequate.
- helps diarrhea, chronic gastritis, lack of appetite
- soldiers used to bath in thyme water to improve their vigor
- repels insects, scorpions. Helps with snake bites and bites of marine creatures
- helps prevent nightmares, used to overcome shyness, give strength and courage
- early medicine called this "mother" because it was used for female disorders. Helps uterus, relieves menstrual pain, restores balance during abnormal absence of menses
- anti-bacterial, anti-parasitic, antiseptic
- stimulates production of white blood cells to help resist infection
- tea with honey relieves colds/coughs/flu/sore throats resulting from chills
- used for asthma, T.B., bronchial disorders like emphysema and mycosis (lung fungus)
- helps insomnia, fatigue, anxiety, depression
- relieves muscular pain, improves capillary circulation
- improves sluggish digestion. Detoxifies from hangover
- for gastric problems like colic, indigestion, gas, irritable bowels, bad breath
- for parasites like roundworm, tapeworm, threadworm, hookworm
- for phlegm, shortness of breath
- antiseptic for lice, scabies, insect bites, snake bites. Heals wounds quickly.
- helps prevent hair loss.

TURMERIC:
- use only a small amount
- anti-inflammatory
- internally and externally for healing wounds
- relieves pains in limbs, breaks up congestion, restores loss of blood after childbirth
- helps regulate menstrual cycle
- reduces fever
- over long term an anti-viral
- may help stop tumor growth
- stops nosebleed
- 1 tsp turmeric powder with a tsp almond oil to a cup of warm milk. Take 1-2 cups daily.
- helpful in stretching ligaments, curing menstrual cramps.