

## Healing herbs and spices Infographic Reference list

### **Turmeric**

Potent [anti-inflammatory](#), [antioxidant](#), [anti-inflammatory](#), [anti-microbial](#), [anti-Alzheimer](#), [anti-tubercular](#), [cardio-protective](#), [anti-diabetic](#), [hepato-protective](#), [neuro-protective](#), [nephron-protective](#), [anti-rheumatic](#) and [anti-viral](#), [anti-cancer](#). Use in both sweet and savoury dishes and as a supplement. Can be used either as a fresh root or dried and powdered. One of the most widely used Asian spices. Easy to drink either as a tea or 'golden milk'.

### **Cinnamon**

One of the oldest known spices. [Anti-clotting](#), [anti-viral](#), [anti-microbial](#), [anti-inflammatory](#). Use in both sweet and savoury dishes. Comes in a stick (bark) or powdered. A warming spice used in middle eastern dishes.

### **Ginger**

A favourite in Asian cooking. [Relief of nausea](#), [anti-inflammatory](#), [immune boosting](#). Can be used either from the fresh or dried root or powdered. Makes a warming tea and adds heat and warmth to both sweet and savoury dishes.

### **Garlic**

One of the oldest cultivated plants in the world. [Anti-hypertensive](#), [anti-bacterial](#), [cholesterol lowering](#), [cardiovascular health](#), [anti-cancer](#). Best eaten from fresh either raw or cooked.

### **Coriander (also known as Cilantro)**

A favourite in Asian dishes of all types. [Anti-inflammatory](#), [immune function promotion](#), [antioxidant](#), [anti-fungal](#). Use the leaves fresh, seeds whole or ground in both savoury and sweet dishes.

### **Parsley**

Well known as a garnish or in parsley sauce! [Good source of](#) vitamin K, vitamin C, vitamin A, manganese and iron. [Anti-oxidant](#), [anti-cancer](#), [anti-bacterial](#). A great breath freshener, particularly after eating garlic and a great digestif.

### **Basil**

A staple of Mediterranean cooking. [Anti-microbial](#), [anti-bacterial](#), [anti-inflammatory](#), [anti-cancer](#). Use the leaf fresh or dried. Use in sweet or savoury dishes

### **Mint**

Known for its use in flavouring toothpaste and chewing gum. [Anti-microbial](#), [relieves gastrointestinal discomfort](#), [anti-inflammatory](#), [anti-spasmodic](#). Use the leaves fresh or dried or as an oil. Makes a great tea or infusion.

### **Chilli**

Used worldwide to add flavour, aroma and heat to food. [Anti-microbial](#), [anti-inflammatory](#), [anti-cancer](#). There are many types of chilli from mild to WOW! They can be used fresh, dried or powdered in both sweet and savoury dishes.

### **Rosemary**

Another Mediterranean staple. [Antioxidant](#), [anti-fungal](#), [anti-oxidant](#), [anti-bacterial](#).

Rosemary can be used fresh, dried or as oil. The scent of Rosemary can [improve mental alertness](#).

### **Thyme**

An important component of [bouquet garni](#) and [herbes de provence](#). [Anti-bacterial](#), [anti-inflammatory](#), [anti-cancer](#). Used mainly in savoury dishes, but can be used in sweet. Goes particularly well with Rosemary. Use fresh or dried.

### **Oregano**

A staple of Mediterranean cooking along with Basil and Rosemary. [Anti-viral](#), [anti-parasitic](#), [anti-fungal](#), [antioxidant](#), [anti-inflammatory](#), [anti-bacterial](#). Can be used fresh or dried or as an oil.