

HEALTHY SPICE OPTIONS – TOP 10

Alive Magazine - April 2016 Edition

ALLSPICE

- ✚ Medley of cinnamon, cloves, ginger, juniper and nutmeg
- ✚ Anti-inflammatory, antioxidant, antimicrobial and anticancer properties

CARDAMOM

- ✚ Antioxidant, anti-inflammatory properties
- ✚ Increases anticancer activity of natural killer cells against some types of lymphoma

CAYENNE

- ✚ Reduces pain
- ✚ Helps with poor circulation, stomach pain, etc.
- ✚ May help with colon, prostate and gastrointestinal cancers

CINNAMON

- ✚ Anti-bacterial, Anti-tumor properties
- ✚ Powerful antioxidants, protects against free radical damage
- ✚ Caution: high doses may be toxic

CORIANDER

- ✚ Antibacterial, rich in vitamins A & K
- ✚ Studies are combining coriander with conventional drugs to assist with cancer treatment

CUMIN

- ✚ Suppresses tumor cell proliferation
- ✚ Free radical scavenger
- ✚ Protects against estrogen-mediated breast cancer

FENNEL

- ✚ Relieves stomach upset, reduces tumor size and increases survival time

GINGER

- ✚ Helps with upset stomach, nausea, chronic inflammation
- ✚ Has over 115 bioactive compounds
- ✚ Prevents / suppresses cancer growth in many cancers, including skin, breast, liver, bladder

SAFFRON

- ✚ More than 150 bioactive compounds
- ✚ Enhances chemosensitivity and has shown benefits in pediatric cancer

TURMERIC

- ✚ Main compound is Curcumin: powerful anti-inflammatory, anticancer properties
- ✚ Slows the spread of breast cancer, shrinks tumors, boosts effectiveness of chemotherapy

Maureen Fontaine, 250-661-6224

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College

GOLDEN TAHINI SHAKE

- 1 cup unsweetened almond, hemp, coconut milk (or to your liking)
- ½ avocado
- 2 soft Medjool dates, pitted and torn
- 1 tbsp. Tahini (sesame seed paste)
- ¼ tsp. vanilla extract
- ¼ tsp. ground cardamom
- ¼ tsp. ground turmeric
- 1/8 tsp. ground black pepper
- Option: (1) add other spices as you wish. (2) 1-2 tbsp. protein powder or hemp hearts

Add all ingredients to blender in order listed. Blend on high until smooth and creamy, adding additional almond milk if thinner consistency is desired. Serve immediately

GOLDEN MILK

- 1 cup of organic almond, coconut or hemp milk)
- 1 tsp Organic Ghee or coconut oil
- ¼ to ½ tsp of organic turmeric powder or a knuckle size piece of root
- Large pinch of ginger, cinnamon, nutmeg and cardamom powder
- Small pinch of saffron (optional - highly recommended!)
- Option: Raw honey to taste

GOLDEN TEA

- 1 cup hot water
- ¼ tsp. turmeric powder
- ¼ tsp. cinnamon
- ¼ tsp. ginger
- Pinch of cayenne
- ½ tsp. honey
- Option: pinch of pepper or other spices as you wish

* FOR EXTRA ENERGY MID AFTERNOON: add 1 tsp. Blackstrap Molasses

Maureen Fontaine, 250-661-6224

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College