

SPICES THAT EXTEND YOUR LIFE

CORIANDER SEEDS - Aromatic and medicinal, this spice has been shown to ease anxiety and help people sleep. It's also an important spice for people living with type 2 diabetes. Coriander is a natural blood-sugar and cholesterol regulator. Ground coriander seeds pair well with eggs, salad dressings, chili sauces, and guacamole.

TURMERIC - The curcumin compound in turmeric, a main ingredient in curry, shows promising cancer-fighting abilities in lab studies. A cooling spice, turmeric has anti-inflammatory properties that help thwart tumor growth and block biological pathways needed for melanoma and other cancers to flourish. Pair turmeric with black pepper to seriously amplify its effects. Adding the black pepper compound to curcumin increases its bioavailability in humans by 2,000 percent.

BLACK PEPPER - The world's most traded spice is a superfood in its own right. Black pepper is the spice with the most potent anti-osteoporosis properties. It's also rich in copper, an essential trace mineral needed for bone health and healthy red blood cell creation. Humans don't need a lot of copper, but low levels can cause thyroid problems and irregular heartbeat. Buy whole peppercorns and grind fresh for the best flavor. Pepper is versatile; add it to anything you'd like!

CINNAMON - This spice can lower blood sugar by 10 percent in type 2 diabetics. Cinnamon compounds trigger insulin receptors for more favorable blood-sugar levels. Sprinkle the sweet spice on organic oatmeal or add a dash to your morning coffee instead of sugar for better blood-sugar control.