

# Spice Up Your Health

Spices are great for adding flavor and interest to your favorite recipes AND they also can pack a powerful health punch! Try adding these six spices into your meals -- it's an easy way to add a dash of healthy.



**OREGANO:** This spice can do much more than perk up your slice of pizza. Dried oregano is packed with vitamin K, fiber and antioxidants. Plus it's an effective anti-bacterial agent, especially against stomach bugs.



**GINGER:** Widely known as an aid for stomach issues. Ginger can help quell nausea, including morning sickness, and relieve heartburn. Research has shown it may help relieve migraines too!



**CRUSHED RED PEPPER:** A few red pepper flakes can add kick to your favorite dishes without adding too much spice. If you are trying to avoid salt they are a great alternative. Red pepper flakes can work wonders if you have a cold with congestion and research suggests they can stimulate your metabolism and prevent fat storage. Filled with vitamin A, they are another spice that helps boost immunity.



**CUMIN:** Rich in vitamin C so it helps boost immunity. It can help promote healthy digestion and provide relief from stomach-ache and gas. Cumin is one of a number of spices being studied to determine its effect on diabetes and hypoglycemia.



**NUTMEG:** A great addition to juices and smoothies if you are looking to eliminate toxins from your body. A sprinkle in warm milk can help with insomnia and holistic practitioners often suggest nutmeg for stomach issues. Note: use this delicious spice in moderation since overuse of it has been shown to cause sweating, palpitations, hallucinations and other issues.



**CINNAMON:** A sprinkle of cinnamon in your coffee or oatmeal not only tastes and smells delicious it has powerful antioxidant properties. But that's not all, research shows cinnamon is also anti-inflammatory, anti-microbial, immunity boosting and good for your heart.

How would it feel if you felt confident about the food choices you made for yourself and your family?

Are you ready for a change? Let's talk. Schedule your complementary Health Strategy Session

Call or e-mail:  
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When was the last time you talked with someone about your health and received the personal attention you deserve?

As your Health & Wellness Coach, I am your personal advocate for living an energized and passionate life. I'll listen to you and work with you to create a personalized plan that is fun, flexible and free of denial. By working together, we can discover the food and lifestyle choices that best support your unique needs – now and in the future.

**Programs Include:**

One-on-One Coaching | Group Coaching & Workshops  
Workplace Wellness | Special Events  
Anti-Inflammatory Diets



**Wild Lotus Wellness LLC**

Holistic Health and Wellness Coaching

