

5 healthy spices to keep you fit and fine



Adding spices to your dishes is the easiest way to turn your bland meal into a flavored dish that you'll definitely enjoy eating. But, do you know that these spices do much more than just making your food delicious. They encapsulate various properties that are very beneficial for your health and keeps away major illnesses. Here we have a list of 5 spices that not only perks up your favorite dish, but can also promote good health.

1. **Turmeric:** people who admire Indian food around the world are familiar with this particular spice, turmeric is the reason why the curry of the Indian dish gets its yellow color. Turmeric is known for its anti-inflammatory properties and is therefore used in ointments for burns. It is also used in a variety of skin products for treating a variety of skin troubles. The active ingredient curcumin contained in this herb helps to prevent skin cancer as well as breast cancer. Turmeric

is also known to boost immunity against a variety of infections like flu and chest congestion.**2. Sage:** this Mediterranean native herb enhances the flavor of any dish. Due to its unique pleasant aroma it is used as a fragrance in soaps and also in a variety of cosmetics. Sage includes antioxidants like apigenin, diosmetin, and luteolin and is also rich in vitamin K. It is therefore used in medicines to treat digestive problems and mental disorders like Alzheimer's and depression. Along with that, it is used to treat digestive problems, sore throat, various skin diseases and is also used as a memory booster.**3. Cinnamon:** this is a sweet spice which not only adds flavor to your oatmeal or apple slices but also is loaded with numerous health benefits. It contains antioxidants that protect the cell from being damaged by harmful free radicals in the body. Its major nutrient contents are iron, calcium, manganese and fiber. This spice although is sweet to taste, helps manage the blood sugar levels and also blood pressure. It also boosts the metabolism of your body and thus helping you [reduce weight](#).

4. Ginger: the aromatic, pungent and spicy flavor can be added to almost every dish- veg or non-veg. Known for its powerful anti-inflammatory substance called gingerol, this spice is beneficial for people suffering with pain due to arthritis and osteoarthritis or after performing strenuous exercise. It also promotes the elimination of intestinal gas and also soothes the intestinal tracts. Ginger can also help in fighting certain cancers and is also used for treating upset stomach. This spice is also helpful in treating nausea, vomiting, dizziness, and etc.

2. **Black Pepper:** sprinkling just a pinch of black pepper enhances the taste of almost every savory dish, or even fruits. Also called 'the king of spices', it is known

for its antioxidant as well as antibiotic properties. This spice is known to promote intestinal health and cure digestive problems. It also stimulates the breakdown of fats and helps you to [lose excessive weight](#). This spice helps in reducing LDL cholesterol and increasing HDL cholesterol levels, thus helping to keep your heart healthy.