

Nature's Pharmacy: Herbs & Spices



Using plenty of herbs and spices when cooking is an incredibly efficient way of supporting the immune system and antioxidant levels, preserving our bodies own inner reserves. Every day herbs and spices are powerful antimicrobials – meaning they can kill off all sorts of pathogens. Some are also able to support the removal of toxins from the body – particularly heavy metals (through chelation processes). Adding fresh herbs and spices to the foods we eat may seem like a fairly insignificant thing, but actually has the potential to make a huge difference to our health. Always go for fresh and organic where possible, as they are much more potent.



Antibacterial

Garlic, ginger, oregano, clove and clove oil, star anise, nutmeg, cinnamon, cayenne, cumin, horseradish, basil, dill, rosemary, thyme, parsley, green pepper, bay leaf, sage, mint, chives, mustard, raw honey, coconut oil, echinacea

Antiviral

Garlic, ginger, oregano, olive leaf, basil, green tea, echinacea, star anise, liquorice root, lemon balm, coconut oil

Antifungal

Garlic, ginger, clove and clove oil, star anise, coconut oil, cayenne, oregano, thyme, basil, parsley, green pepper, dill, chives, rosemary, sage

Antiprotazoal

Garlic, ginger, liquorice, nutmeg, lavender

Antiparasitic

Garlic, ginger, turmeric

Antihelminthic

Garlic, cinnamon, ginger, turmeric, clove, raw honey

General Detoxification

Coriander, Parsley

All herbs and spices are great, so go for a wide variety, but in particular pay attention to the following: fresh root ginger, garlic, coriander and parsley – the latter two being particularly good at supporting the body in excreting toxins. Here are some simple ideas to help you incorporate them into your everyday foods:

Fresh Lemon Tea: Squeeze ½ a lemon in hot water and add at least 2 slices of root ginger. You can add a tsp of raw honey. This is actually a really nice way to start the day, and is perfect for gently waking up the liver.

Coriander or Parsley Pesto

Blitz the following in a spice grinder or small blender:

- 1 bunch of fresh coriander or parsley
- 1 small handful of walnuts or pine nuts
- 1 clove of garlic, peeled
- Juice of 1 small lemon
- Splash or two of extra virgin olive oil or hemp oil
- Plenty of black pepper and mineral salt (use Maldon sea salt or Himalayan pink salt)

You can use this pesto with a salad, jacket potato or wheat free pasta, which can be found in most supermarkets.

Herb Guacamole

- 1-2 ripe avocados – mashed
- 1-2 celery stalks – finely chopped
- 1 tomato – chopped
- 1 bunch of coriander or parsley – chopped
- 2-3 spring onions – finely chopped
- 1 lemon or lime – squeezed
- 1 clove of garlic – minced
- Plenty of black pepper and salt

Mix all the ingredients, except the tomato, in a bowl. Add the chopped tomato at the very end and fold through gently. Serve as a dip with crudités or serve on romaine lettuce leaves.

Alternatively: Add these herbs to salads, soups and stews. Freezing ginger and grating over porridge is another way to add a kick to breakfast!

