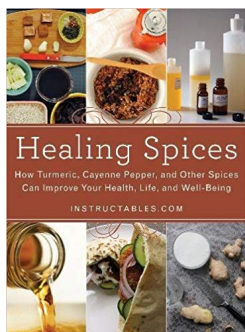


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Spices not only add a flavorful kick to meals, they also have some amazing benefits to improve certain ailments and improve overall health. Rich in antioxidants and polyphenols, spices such as turmeric, cayenne pepper, cinnamon, ginger, garlic, cloves, cardamom, and sage can fight inflammation, protect against chronic conditions, and can even help with losing weight. Featuring dozens of recipes for meals and beauty remedies, Healing Spices is a great tool for anyone looking to add more flavor to their diet and get an extra healthy seasoning like salt, sugar, and fat-free oils. You'll find great recipes like "Chicken and carrot tagines," "Sweet potato and coconut soup," "Pasta with ginger sauce," "Chicken black bean soup with turmeric rice," "Lemon-ginger salad," "Cayenne toast," "Orange, fig, and sage chutney," "Mexican hot chocolate cupcakes." And much more! There are also remedies for burns, garden aches and hoarseness, sore throats, toothaches, and a guide detailing the benefits of each spice and herb. Healing Spices is the ultimate companion for anyone wanting to cook with healthier seasonings.

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