

CONDITION

Acne
Alcohol abuse
Allergies
Alzheimer's
Angina
Anxiety
Asthma
Bad breath
Bloating
Blood clots
Brain fog
Bronchitis
Bug bites
Cancer
Cataracts
Cholesterol, high
Cold sores
Cold & Flu
Colon cancer
Constipation
Depression
Diabetes Type 1
Diabetes Type 2
Diarrhea
Eyes, dry
Flatulence
Gout
Hearing loss
HIV/AIDS
Huntington's disease
Itching
Kidney disease
Macular degeneration
Nausea
Neuropathy
Osteoarthritis
Osteoporosis
Parasites
Parkinson's
PCOS
Prostate issues
Reflux
Seizures
Sickle cell disease
Sinusitis
Sore throat
Thrush
Tooth decay
Toothache
Urinary issues
Yeast infections
Vitiligo

BEST SPICES

Turmeric
Thyme
Black cumin seed or turmeric
Black pepper, fennel, saffron, sage, sesame seed
Pomegranate
Lemongrass, nutmeg, saffron
Ajowan, aniseed, cardamom, wasabi
Cardamom, parsley
Coriander
Chile, clove, thyme, wasabi
Cocoa, mint, saffron, sage
Juniper berry or thyme
Bay leaf, celery seed or clove
Asafoetida, basil, clove, fennel, garlic, onion, saffron, turmeric
Tamarind
Basil, black cumin, celery seed, cinnamon, cocoa, garlic
Clove, sage, star anise, thyme
Garlic, oregano, pomegranate, star anise, thyme
Cardamom, coriander, turmeric, curry leaf
Aniseed, black pepper, coriander, parsley
Black pepper, rosemary, saffron
Tamarind
Basil, bay leaf, cinnamon, galangal, mustard seed, onion
Ajowan, cardamom, nutmeg
Basil, tamarind
Ajowan, asafoetida, turmeric
Celery seed, rosemary
Black pepper
Star anise
Sesame seed
Turmeric
Juniper berries
Saffron, turmeric
Ginger
Chili, vitamin E
Celery seed, chile, ginger
Cumin, onion, wasabi
Oregano
Saffron, turmeric
Cinnamon, mint
Garlic, mustard seed, pumpkin seed
Caraway, ginger, turmeric
Black cumin seed, cumin, lemongrass
Vanilla
Cardamom
Oregano, sage, turmeric
Lemongrass, oregano
Mint or thyme
Clove
Pumpkin seed
Lemongrass, oregano, turmeric
Black pepper

Herbs & Spices Healing Cheat Sheet

Disclaimer: This list is not to be taken as medical instruction nor advice. Always consult your doctor before beginning any treatment, including with herbs and spices.

