



University of
Colorado Hospital
UNIVERSITY OF COLORADO HEALTH

THE CENTER FOR

INTEGRATIVE
MEDICINE

UNIVERSITY OF COLORADO HEALTH

Culinary Herb & Spices

Cloves



Oral Health
Cloves are found to have highest antioxidant content of all spices. **One study** showed that cloves had the highest capacity to give off hydrogen, reduced lipid peroxidation well, and was the best iron reducer out of the five antioxidant properties tested. It also has been used for centuries to treat tooth aches and gum pain.

Oregano



Antibacterial
½ tsp of oregano has same amount of antioxidants as a 1/4 cup of almonds and 4 times the antioxidant activity of blueberries. Rich in Vitamin K, iron, manganese and **shown** to be effective at killing E. coli, salmonella, and virtually all foodborne pathogens.

Ginger



Inflammation
Over 50 antioxidants have been found in ginger. **Shown** to help increase circulation, calms digestive problems, treat food poisoning, lower cholesterol, treat arthritis, reduce inflammation, and can be used to help increase insulin sensitivity in diabetics.

Cinnamon



Diabetes
Cinnamon plays an important role in regulating blood sugar in people with diabetes. **Clinical studies** have shown a consistent intake of cinnamon daily helps reduce glucose, triglyceride, and LDL cholesterol with Type II diabetics.

Turmeric



Stroke
Bright neon yellow color comes from the phytochemical Curcumin and can help eliminate cancer cells, reduce obesity and metabolic diseases. **Scientists** have found by creating a new molecule from curcumin, called CNB-001, this molecule triggers the mechanisms that safe-guard and may help restore brain cells after a stroke.

Rosemary



Alzheimer's
Rosemary blocks HCAs or carcinogenic compounds found in grilled foods. Rosemary oils can improve cognitive performance and some **research** shows it can fight off free radicals that cause Alzheimer's, stroke and dementia.

Mustard



Cancer
The compound AITC found in mustard seed is known to be an anti-cancer compound – this plant-compound is also found in wasabi and horseradish. **A 2010 study** shows that AITC inhibited the growth of bladder cancer development by 33%.

Please consult with your physician or a health care professional before taking herb and supplement formulas as there may be contrasting research based on your history and current conditions. The Center for Integrative Medicine has a pharmacist who provides herb and supplement consults and our acupuncturists complete an assessment if you are interested in herbal formulas to provide you with the appropriate formula. Call us at 720-848-1090 for more information or to schedule an appointment.

Ways to eat these herbs & spices

BEST WHEN: Buy whole cloves (opposed to powder form) to preserve flavor longer.

IDEAS FOR USE: Make a tea by adding 1/2 teaspoon powdered cloves to a cup of boiling water - let it sit for 20 minutes and drink up. Alternatively, impart a warming note to apple cider by adding ground cloves and cinnamon.

Cloves



Oregano



BEST WHEN: Oregano is one of the few herbs that tastes better dried than fresh.

IDEAS FOR USE: While dried oregano is often used to cook sauces and roasts, fresh oregano is most often added as a seasoning sprinkled on top of fish or pasta dishes.

BEST WHEN: Fresh ginger should be firm, almost hard, with unwrinkled skin, and has a strong gingery aroma. The mature, tough-skinned ginger has the most intense spicy flavor.

IDEAS FOR USE: Steep as tea for nausea, colds, bronchitis, the flu, and to promote circulation. Alternatively, put it in pumpkin pie.

Ginger



Cinnamon



BEST WHEN: Ground cinnamon can be kept fresh up to 6 months and cinnamon sticks for about a year. Extend the shelf life by storing in an airtight container in the refrigerator. Smell for freshness: it should have a sweet smell.

IDEAS FOR USE: Make Cinnamon Orange Water by boiling some cinnamon sticks, let it cool and add a slice of orange and take it in your water bottle to work or the gym. Alternatively, try this [Squash Soup](#) recipe.

BEST WHEN: For optimum curcumin absorption from turmeric, three basic elements are required: cooking heat, a touch of black pepper for nutrient absorbing piperine, and a healthy fat of your choice to protect the turmeric's curcumin from stomach acids before entering the small intestines.

IDEAS FOR USE: Curried dishes, [turmeric tea](#) or try putting on fried or scrambled eggs.

Turmeric



Rosemary



BEST WHEN: Choose fresh rosemary over the dried form – fresh rosemary should be a deep sage green and free from yellow or dark spots.

IDEAS FOR USE: You can put fresh rosemary in ice cube trays covered with either water or stock that can be added when preparing soups or stews. Or try this recipe:

[Rosemary-Infused Cucumber Lemonade](#).

BEST WHEN: Mustard seeds can be used as is or can be roasted in a skillet. While dried mustard powder does not have a very strong quality, mixing it with water initiates an enzymatic process that enhances its pungency and heat.

IDEAS FOR USE: Gently toast the mustard seeds for a few minutes in a dry skillet, shaking the pan frequently to avoid burning. The seeds will develop a nutty essence and crunch that makes a nice garnish for fish, salads, and rice.

Mustard

