

Benefits and use of Herbs and Spices





Herbs and
Spices
provide:

MINIMAL CARBOHYDRATES

MINIMAL PROTEIN


MINIMAL FAT

LOTS OF VITAMINS

LOTS OF MINERALS

LOTS OF PHYTONUTRIENTS

FIBRE



Herbs and Spices Benefit:

CARDIOVASCULAR HEALTH

DIGESTIVE HEALTH

IMMUNE HEALTH

BRAIN HEALTH

LIVER HEALTH

JOINT HEALTH

EYES, SKIN, HAIR, NAILS

LONGEVITY



Herbs and
Spices
help
protect
against:

CANCERS

TYPE 2 DIABETES

HEART DISEASE

HYPERTENSION

CHOLESTEROL IMBALANCE

DIGESTIVE IMBALANCE

WEIGHT IMBALANCE

ENERGY IMBALANCE

INFECTIONS

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Herbs and Spices support optimal:

BLOOD SUGAR

BLOOD PRESSURE

IMMUNITY

DIGESTION

DETOXIFICATION

CELL, TISSUE, AND ORGAN
REGENERATION AND HEALING



To optimize the benefits of herbs and spices

Eat a variety of herbs and spices, daily

Add herbs and spices to as many
meals as possible

Choose whole, unprocessed herbs and
spices

Avoid pre-mixed seasoning
blends with various additives

Choose fresh herbs and spices
whenever possible

Stock an abundant variety of dry herbs
and spices

Keep herbs and spices in glass jars
whenever possible

About Herbs and Spices

1. Start small, if unsure about how an herb or spice will come through (a pinch, or 1/4 of a teaspoon)
2. Mix into your meals thoroughly, taste, and proceed with adding more as may be desired.
3. Most herbs can be applied liberally (basil, parsley, dill, etc.)
4. Most spices are very strong and should be used with care.
5. Mix some herbs and spices with citrus, like lemon, to make the healthiest and tastiest salad additions.
6. You can create wholesome, natural homemade "sauces, dips, and dressings."
7. Herbs and spices can be added at the beginning, middle, or end of your cooking, depending on your needs.



Herbal Tea

Consume a variety of herbal teas as you may enjoy them

Swap regular tea or coffee for herbal tea whenever possible

Choose wholesome, natural herbal teas that do not contain any additives (eg. flavours, colour, etc.)



Optimal Salt use tips:

Choose **UNREFINED** Himalayan salt (light pink) or **UNREFINED** Sea salt (commonly light grey)

Use your unrefined salt sparingly

Avoid refined white salt and products that contain or high sodium amounts

Herb and Spice Variety

Common Herbs

Basil
Bay Leaves
Chervil
Chives
Cilantro
Comfrey
Dill
Green onion
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

Common Spices

Anise Seeds
Black Pepper
Caraway Seeds
Cardamom
Cayenne Pepper
Celery Seed
Cinnamon
Cloves
Coriander Seeds
Cumin
Curry
Fennel Seeds
Fenugreek
Garlic Powder
Ginger
Paprika
Nutmeg
Saffron
Sumac
Turmeric