

The top 7 Herbs and Spices

Rosemary

The Spart Spice: People swear by rosemary's ability to increase cognitive functioning, and researchers have identified carnosic acid as an active ingredient in rosemary that can offset cognitive degeneration, protect against Alzheimer's and prevent strokes.

Suggestion: Mix together minced rosemary, garlic, lemon juice and olive oil. Use as a marinade for chicken, steak, pork or and vegetables.

Sage

Benefit: Like rosemary, sage is known to strengthen memory. The rosemerinic acid in those plants also works to preserve your body by protecting your cells from oxidative damage and alleviating the effects of asthma and arthritis.

Peppermint

Benefit: Thank the menthol in peppermint for the plants ability to clear phlegm and mucus from the bronchial tract to facilitate easy breathing. Also for soothing indigestion and menstrual cramps. Use in herbal teas or in salads.

Thyme

Benefit: This tiny herb is extremely rich in iron, which is crucial to your body's ability to transport oxygen. 2 teaspoons contain 20 % of your daily intake. Seasoning with thyme helps protect food from bacterial contamination. Pair with meat, vegetable or spaghetti sauce

Cilantro

Benefit: Studies in mice show that cilantro encourages the pancreas to produce more insulin, the hormone that helps shuttle glucose into the cells to be burned as energy. This prevents excess blood sugars from being stored as fat. Chop up a few leaves and add to tomatoe and jalapenos for a great salsa.

Oregano

Benefit: USDA study found that when adjusted for weight it had four times the antioxidant activity as blueberries. That means big cancer fighting potential for your next pizza or pasta sauce.

Basil

Benefit: Basil is rich in carotenoids, a class of potent antioxidants that mop up cell damaging free radicals inside the body. This can help prevent a host of unwanted conditions, such as osteoporosis, arthritis, and high cholesterol. Basil also contains oils that prevent bacteria growth and inflamation. **Suggestion:** Make fresh pesto by blending 2 cups fresh basil leaves with 2 tablespoons pine nuts, 1/4 cup parmesan and 1/4 cup olive oil.