



Healthy Groceries Healthy Vitamins Healthy Answers



Cathy Says... Spice it Up

After the long winter our pallets are ready for some fresh spring produce, unfortunately here in Michigan we have a bit longer to wait. Until then, boost up your dinner with the addition of herbs & spices. Many herbs and spices have excellent health benefits. A dash of cayenne will give your meals an antioxidant kick and possibly help you feel fuller longer. Studies suggest that Turmeric, the deep-hued spice found in yellow curry powder, may help reduce inflammation. Herbs such as rosemary, oregano and thyme are high on the antioxidant list. Don't forget the holiday staples of cinnamon and ginger. Cinnamon may help keep blood sugar in balance and ginger can do wonders for the digestive system.

Harvest Health Foods has the largest variety of bulk herbs and spices in affordable 1 oz packages. Don't let dinner be boring, spice up your food, not only will it taste great it will be good for you too. For more information on spices see our web site or www.spicesforhealth.com.