

Seasoning (Herbs, Plants, Food) as Medicine

Allspice - Digestion, gas, diabetes, stimulant

Anise -- Digestion, liver, colic, tonic,
colds, spasm, increases breastmilk

Basil-Rheumatism, cramps, vomiting,
mucous, viral infection

Chervil-Swellings, edema, diuretic, eczema, gout

Cinnamon -Diarrhea,
poliomyelitis, upset stomach,
diabetes

Clove-Parasites, worms, infection,
toothache

€oriander-Stomach Tonic, digestion problems,
rheumatism, joint pain

Dill-Indigestion, gastric croup, nausea

Fennel-Laxative, diuretic digestion, sores, increases breast
milk

Garlic -Hypertension, infections, High Blood Pressure,
worms, Blood Thinner (used for high blood pressure)

Ginger -Nausea, cramps, meningitis, edema, blood thinner

Horseradish -dysmenonhea, High Blood Pressure, diuretic,
arthritis, blood thinner

Kelp -Thyroid, goiter

Marjoram -Headaches, acidity, colds,
measles, nervousness

Mustard -gastritis, liver, rheumatism,
digestion

Oregano -Leucorrhea, colds, headaches, asthma,
tonic, viral infection

Paprika -Sinus trouble, colds

Parsley -Diuretic, dropsy,
edema, colds

Pepper -Neuralgia (nerve
pain)

Rosemary -Colds, arthritis, memory, digestion, spasm

Sage -Sores, bleeding wounds, depression, stops
sweating, sore throat

Savory -Ear trouble, colds, digestion, stimulant

Thyme -Headaches, colds, hypothyroidism, worms,
loss of appetite, diarrhea,
antiseptic, yeast

Turmeric -Fever, colds, skin problems, diuretic, high
blood pressure, blood thinner

Vanilla -Digestion, gas, neurasthenia (soothes nerves) viral
infections