

Download Flavor Foods Spices Herbs Plants We Eat

Here's a list of potent anti-inflammatory foods, herbs, and spices that are significantly effective at quelling the inflammatory response. How long do spices last? Most spices are plants that have been dried. Drying is a process to extract water in order to preserve foods (because no form of life can exist without water), thus thwarting the growth of bacteria. Ever experienced diet boredom? Well, herbs and spices are the easiest and healthiest ways to make your skinless, boneless chicken breast that much more exciting. Did you know that there are over a hundred herbs and spices that can be consumed or used topically for healing? These natural foods possess a number of beneficial properties and work to reduce inflammation, improve the health of your heart, boost your immune system, and even prevent and fight cancer.