

Spices (we usually use them grounded or powder)

- They come from : roots, seeds and other parts of plants
- Turmeric
- Garlic
- Ginger
- Curry

Turmeric

It comes from the roots

• It is usually used in powder

PROPERTIES: Helps blood circulation

GARLIC

- It comes from the roots
- Its usually used dried, in powred or chopped

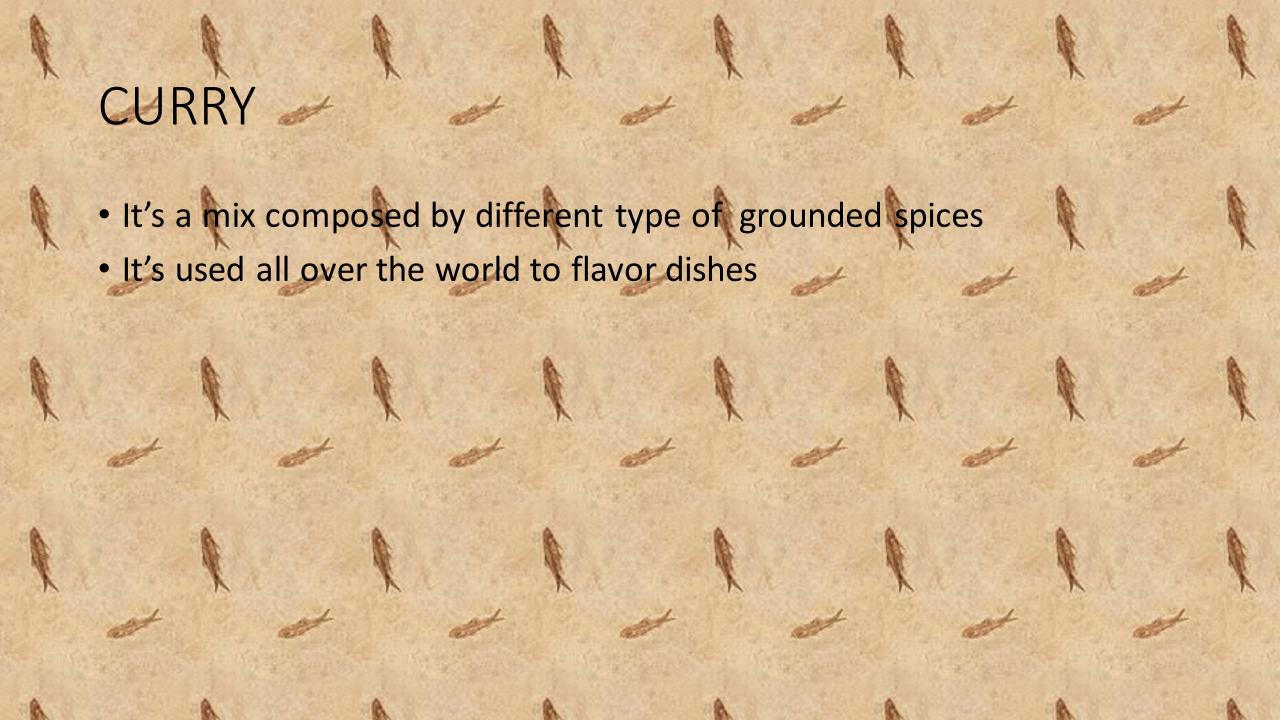
PROPERTIES:

It's a natural antibiotic

It regules the blood circolation



It comes from the roots
It usally used diced
PROPERTIES:
It helps digestion
It's a natural painkiller





PERSLEY

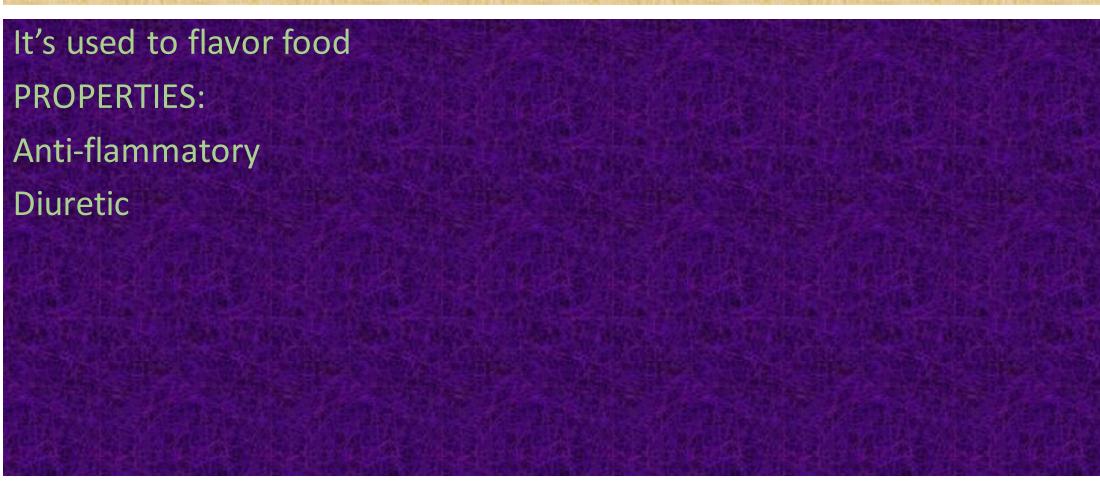
• It's used on roasted food like fish or meat

PROPERTIES:

Anti-inflammatory

Anti-oxidant





DRIED OREGANO

It's used after driyng and grinding the leaves of fresh oregano

PROPERTIES:

Helps digestion

Treat a cold