

# The Kitchen Medicine Cupboard

Humans have used plants since the dawn of time for medicinal purposes, to prevent or treat ailments and promote healing and wellbeing. Scientific research continues to explore and validate the therapeutic potential of plant compounds. We can find healing potential in the many herbs, spices and vegetables available at True Food.

## Cinnamon

- is renowned for its ability to regulate blood sugar levels
- boasts anti-inflammatory compounds

**How to use:** create a soothing cinnamon tea by infusing a cinnamon stick in hot water, or sprinkle cinnamon on hot porridge for a delicious breakfast.

## Cumin

- aids in the production of digestive enzymes, reducing bloating and easing indigestion
- is an excellent source of iron which supports overall energy levels and vitality

**How to use:** mix cumin, turmeric and coriander and sprinkle on roasted vegetables, providing not only a flavour boost but also digestive support.

## Bay Leaves

- have anti-bacterial properties that can aid in fighting infections and support the immune system
- can help alleviate respiratory issues such as congestion when infused and inhaled in steam

**How to use:** enhance the flavour and nutritional profile of your soups and stews by adding bay leaves during the cooking process.

## Oregano

- oregano is packed with antioxidants that support the body's defence against chronic disease
- the essential oils in oregano contain compounds that may strengthen the immune system

**How to use:** infuse fresh or dried oregano leaves in olive oil and drizzle on salads or use as a marinade

## Garlic

- is known for promoting cardiovascular health by helping to lower blood pressure and cholesterol
- has antimicrobial properties that help with infection.

**How to use:** make a topical salve by mixing crushed garlic with olive and/or coconut oil, to treat minor skin infections and wounds

## Onions

- contain quercetin, an anti-inflammatory antioxidant that may help reduce inflammation
- are rich in bone-boosting nutrients like calcium and vitamin C

**How to use:** boil sliced onions with honey to create a natural cough syrup that may help soothe throat irritation.

**Thank you to True Food Member, and keen herbalist, Elise Napoleone for sharing her herbal knowledge with us all.**