

Healing, Delicious, Spices

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What is a spice?

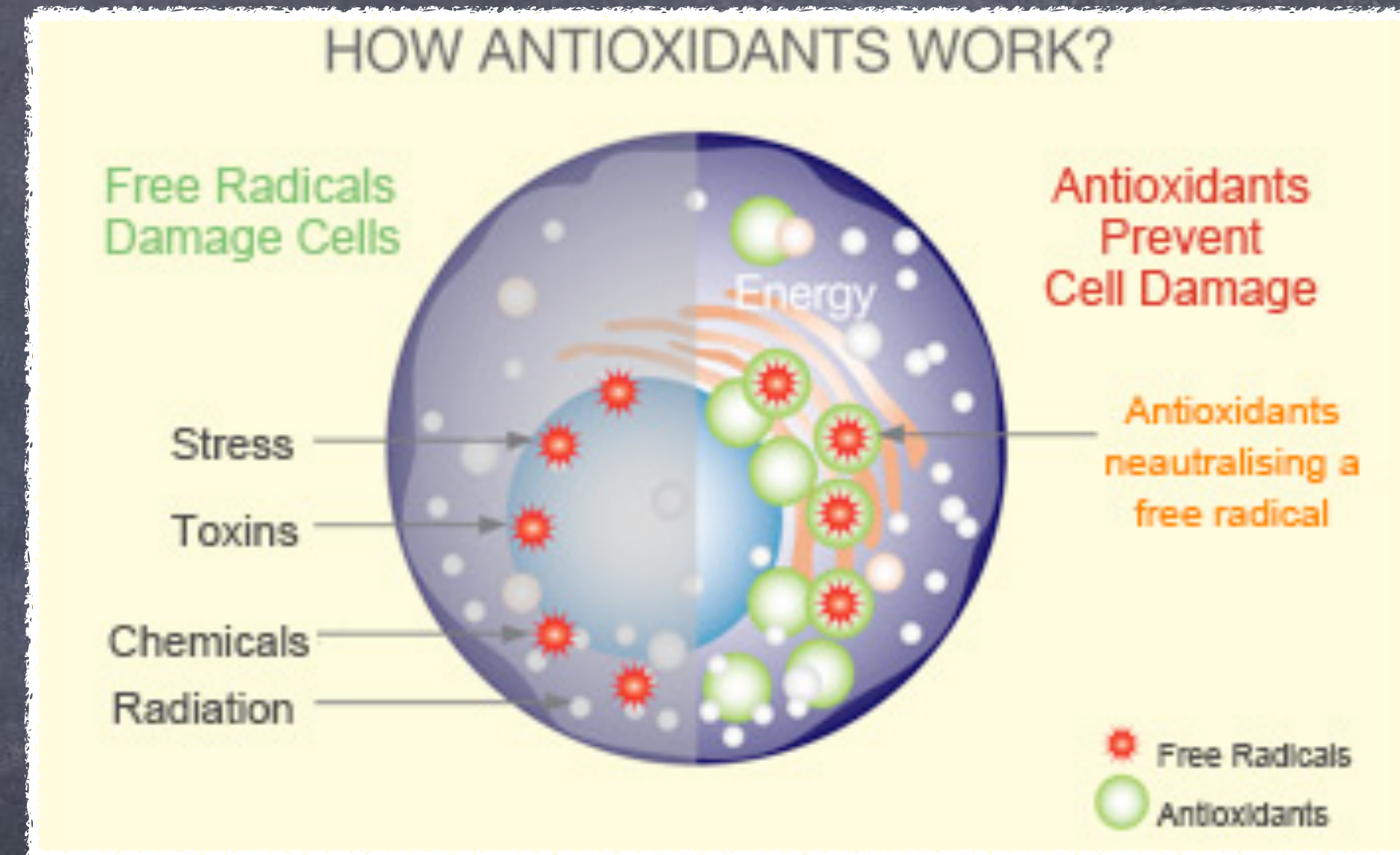
A seed, fruit, root, bark or other plant substance use to flavor, season, or preserve food. All spices are edible



“Spices are the world economy’s oldest, deepest, and most aromatic roots” The Economist

Why are Spices Healing?

- Unique Phytonutrients
 - Not available in Fruits and Veggies
 - Antioxidants, Immune supportive, Hormonal action, anti-inflammatory
- Volatile Oils
 - Rapidly evaporating, aromatic



Unique Phytochemicals

- Curcumin-Turmeric Anti-cancer/anti-inflammatory
- Pipelinic acid-Black Pepper-protects brain cells a dozen other healing actions
- Eugenol-Cloves natural painkiller and highest antioxidant levels
- Hydroxycitric acid-hokum powerfully inhibits appetite
- Anethole- Anise and Fennel relaxes menstrual cramps and colic in babies

Galangal

- Galangal is to Thai food what garlic is to Italian
- Reduces arthritic inflammation, supports carriage growth
- Turns off breast, cancer genes
- Kills neuroblastoma cells
- Inhibits H. Pylori-ulcers
- Lowers blood sugar as effectively as gliclazide and increased insulin production



Turmeric



Indian Gold-Superstar of spices

Thousands of studies show effectiveness in
more than 70 diseases

As effective and in some cases more effective
than pharmaceutical drugs

More than 1000 studies document anti-cancer
properties

Turmeric

- More effective than ibuprofen, equal to celecoxib, switches off key inflammatory genes via NFkB
- equally effective to tamoxifen-stop breast cancer recurrence
- Inhibits genes that initiate cancer, tumor spread, and growth in more than 22 types of cancer
- Kills cells that mutate into cancer, shrinks tumors, inhibits blood vessel formation
- enhances effects of chemotherapy, reduces side effects
- Prevents memory decline, protects against Alzheimer's Dz
- Alters genes involved in plaque formation and prevents clots

Garlic



More than 3,200 studies on therapeutic power

Ancient medicinal effect

Lowers blood pressure, prevents blood clots

Reduces atherosclerosis and lower risk of heart attack

600 studies on cancer: highest consumers 41% lower risk of colon cancer, 47% reduced stomach cancer, 38% lower endometrial cancer, 36% prostate cancer, 34% brain cancer

Reduces colds

Boosts blood flow to the skin

Reduces BPH

Lowers Triglycerides

Garlic

- Top chefs prefer the garlic from France-pink tinged skin
- Buy fresh bulbs for best flavor and health
- Store in dark cool location for upto 2 weeks
- Goes well with all spices
- Dried stores for 1 year



Buying spices

- Whole spices ground just before preparation will confer greatest aroma and flavor
- Turmeric from Alleppey has 2x cur cumin. Buy a 2-3 month supply
- Garlic variety of forms and flavors
- Whole and grind or ground



Keep Your Spices “spicy”

- Store in a cool dry place away from heat and microwaves
- Spice blends best in 1 month, ok for 3-6
- Store in tin or glass with airtight lids
- Avoid sunlight
- Ground spices keep for 1 year and whole spices 2-3 years
- Spice mixes best used in 1 month
- Make or buy your own blends





Thank You