



# Healing Spices: 50 Wonderful Spices, and How to Use Them in Healthgiving Foods and Drinks

*Kirsten Hartvig*

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Cloves from the Moluccas, cinnamon from Sri Lanka, pepper from the Malabar coast, chillis from Peru – for over 4,000 years spices have been used to bring recipes to life, as well as to enhance beauty and vitality, and treat and prevent disease. They have enriched our language and our folklore, excited our senses and inspired us to explore new culinary vistas. As we seek to live more healthily, the near-magical ability of spices to transform simple foods into memorable feasts can help us to rebalance our diet in fun and satisfying ways, and their powerful health-protecting and immune-stimulating properties enable us to deal more effectively with the stresses of modern living. *The Healing Spices Cookbook* will show you how to make the most of your spicerack and discover just how tasty healthy eating can be. Renowned nutritionist and naturopath Kirsten Hartvig offers over 100 delicious and easy recipes from around the world, from starters and preserves to confectionery and liqueurs. Also included in the book is a detailed directory of spices, featuring profiles of the healthiest, most popular kinds, including ginger, paprika, saffron and tamarind. This is a one-stop, easy-to-use, practical guide to the colourful world of spices, telling you all you need to know about buying, storing and using them so you can release their full potential for improving well-being and vitality.

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