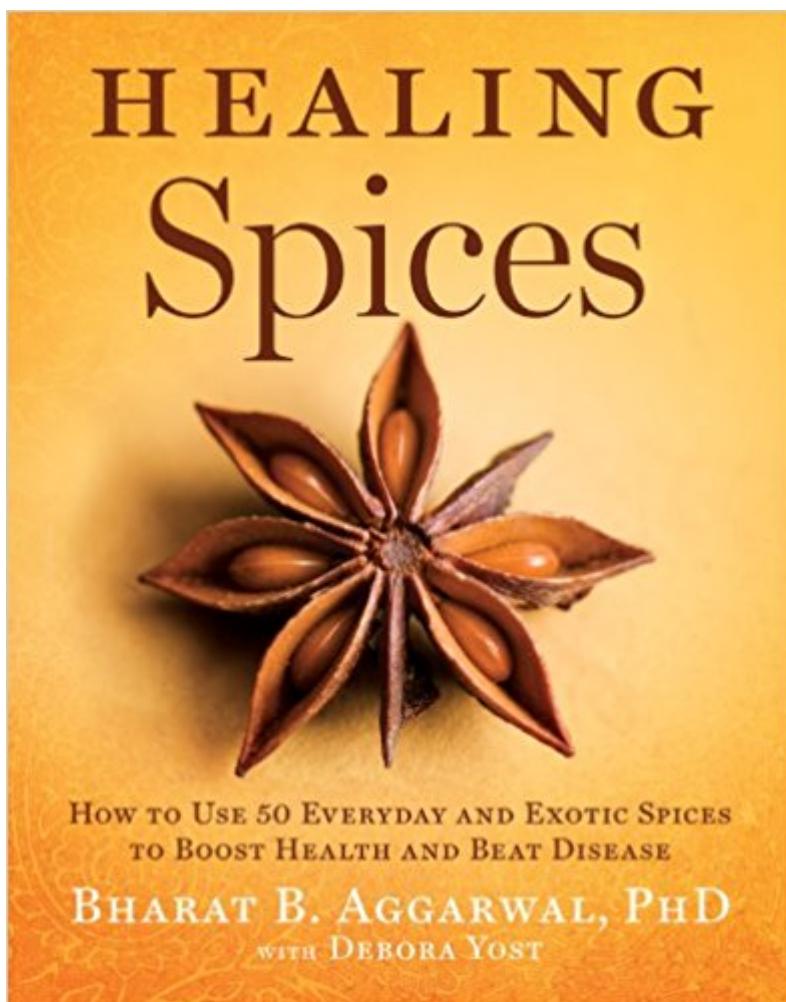


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# Healing Spices: How To Use 50 Everyday And Exotic Spices To Boost Health And Beat Disease



## **Synopsis**

Breakthrough scientific research is finding that spices-even more than herbs, fruits, and vegetables-are loaded with antioxidants and other unique health-enhancing compounds. Studies of dietary patterns around the world confirm that spice-consuming populations have the lowest incidence of such life-threatening illnesses as heart disease, cancer, diabetes, and Alzheimer's. Bharat B. Aggarwal, the world's foremost expert on the therapeutic use of culinary spices, takes an in-depth look at 50 different spices and their curative qualities, and offers spice prescriptions-categorized by health condition-to match the right spice to a specific ailment.

## **Book Information**

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## **Customer Reviews**

Bharat B. Aggarwal, PhD is a professor in the department of experimental therapeutics in the division of cancer medicine at the M.D. Anderson Cancer Center in Houston, Texas. He has conducted groundbreaking research in the therapeutic uses of spices and been featured in the Wall Street Journal, Scientific American, Fitness and Family Circle, among many other magazines and scientific journals. Dr. Aggarwal has been interviewed on ABC and NBC radio affiliates and has delivered more than 300 lectures in 30 countries.

My wife bought this book from for me about a year ago and now I have bought 8 more for family and friends. I plan on ordering more for Christmas presents. 2 1/2 years ago the doctors gave me 2 years to live ...I was 4th stage melanoma cancer...I took no chemo, radiation, no treatment at all....they

test me every 6 months and they say they can't find any cancer. By the grace of God and God showing my wife what spices and herbs to use in a smoothie which she makes me every morning( she read this book cover to cover and researched the spices and herbs herself to make sure ). I can't say enough good things about this book. David living well in Huntington

I recently heard Bharat B. Aggarwal PhD speak at an Internation Vegetarian Conference. His knowledge and professional research were very impressive so I ordered this book. I find it to be a disappointment compared to the type of information he gave in his lecture. I was hoping for dosages, more scientific studies and practical information not the usual "this is good for the liver", etc. general suggestive information that is almost always found in health food store books. I will keep it but it does not answer my questions, it is too general and watered down.

Healing Spices is a wonderful book if you want to be healthier. This book explains why and what you should add to your food if you wish to stay healthier. You have no idea how many books I have purchased for other people and how many of my friends do not understand food additives until they have read Healing Spice. Dr. Aggarwal goes beyond simply saying "use this spice", he has many reasons for using the spices, explains where it comes from, why to use a certain kind of spice and lastly what other spices compliment the spice. It is a wonderful book. The author is a very caring, gentle writer who makes sure that each spice is completely analyzed and used properly. He loves every spice. Elizabeth Powers

I've just finished reading Dr. Aggarwal's stunning book, titled: "Healing Spices". The detail he has put into the book is awesome, from the quality of the paper used, to the detailed descriptions of each spice he covers; its medicinal uses; how to use it in the kitchen... and so much more. His writing is entertaining as well as informative and makes for a truly enjoyable experience. He has also included a Repertory (a summary of health uses for each spice), which is so useful for looking up a health condition and then immediately being reminded of which spices would be appropriate to use. Altogether, a meticulously researched and detailed exploration of spices - substances we so take for granted, yet endowed with a plethora of medicinal and culinary uses. HIGHLY recommended!!

I've tried some recipes and they're great. For two years now I've given the spice mixes (located in the back of the book) as Christmas gifts, and the feedback has been stellar...especially the Pizza (I

label it Italian) mix. I've been using food as medicine for decades, and spices are pure antioxidants. A foodie like me is happy, happy, happy, to find a new way to use them! I first ordered it as an eBook, then had to get a hard copy so I could actually use it. In fact, I'm growing some of the herbs now he uses in the book so I can have them fresh.

I really loved this book. There is a lot of excellent information about every day herbs and spices that you might already have in your kitchen cupboard and how to use them in both cooking and for herbal remedies. This is a great addition to my cook book and herbal remedy book library. I definitely recommend it.

The book, *Healing Spices*, is an excellent treatise on more than 50 commonly available spices and their vast health benefits. Dr. Bharat Aggarwal, is a world reknown authority on the therapeutic uses of spices at the University of Texas, M.D. Anderson Cancer Center. In this comprehensive book, Dr. Aggarwal, with the help of Debra Yost, gives a lucid description of the spices including their benefits and use in cooking. The book also includes useful sections on spice mixes and powders from around the world, and techniques to prepare them. A unique feature of the book is a very interesting section that is a guide to the therapeutical uses of spices in which for each health condition(ailment), the authors identify appropriate "healing spices" and the amount of spices that would be suitable for consumption. Another interesting feature of the book is the inclusion of many easy to follow recipes that use different spices. The authors present a number of recipes from another author- Alamelu Vairavan whose book, *Healthful South Indian Cooking-Expanded Edition* is an excellent guide to the easy preparation of South Indian foods that use many spices. (A disclosure: Alamelu is my wife!). It is great to know that besides making foods appealing and tasty, spices have their own great health benefits. It is time that we in the USA appreciate the value of spices, get to know them better and enjoy healthier lifestyles by using them extensively in our cooking. This book by Dr. Aggarwal and Yost will go a long way in helping the American public understand the value of spices and to benefit from the increased use of them.

There are really two completely different reviews I want to do for this book. The first is for the history, research studies and content on each spice. The second is for the recipes at the end of each spice description. The first is 5 stars. There is a lot of great, easy to read and understand info on each spice, its history, traditional use, research studies/medical use, etc. The recipes on the other hand are terrible. How on earth someone who wrote a book on healing spices can use canola

oil as the primary cooking oil in just about every recipe is beyond me. Canola oil is poison and shouldnt be used by anyone, ever. The traditional cooking oil of India is GHEE and he makes no mention of using ghee anywhere. All of these healing spices should be cooked in ghee, not Canola oil.

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