

Spices

Magnesium, Turmeric, Cayenne Pepper, Seeds

- [Magnesium/Minerals](#)
- [Cayenne Pepper](#)
- [Benefits of Tumeric](#)
- [Seeds](#)

Magnesium/Minerals



Magnesium Deficiency

@dr.williamwallace

Causes



- Stress



Intake:

- Depleted food sources
- Less magnesium-rich foods eaten every day

- Large burns
- Kidney disease



Medications & drugs:

- Alcohol
- (Excessive) caffeine
- Antacids
- (Some) antibiotics
- Chemotherapy

Malabsorption:

- IBD
- Celiac disease
- Diabetes
- Diarrhea

Associated Symptoms

Head:

- Migraine headache
- Low mood (depression)
- Anxiety
- Irritability
- insomnia
- Seizures

Cardiovascular:

- Cardiac arrhythmia
- High blood pressure
- Cardiovascular disease risk

Muscular:

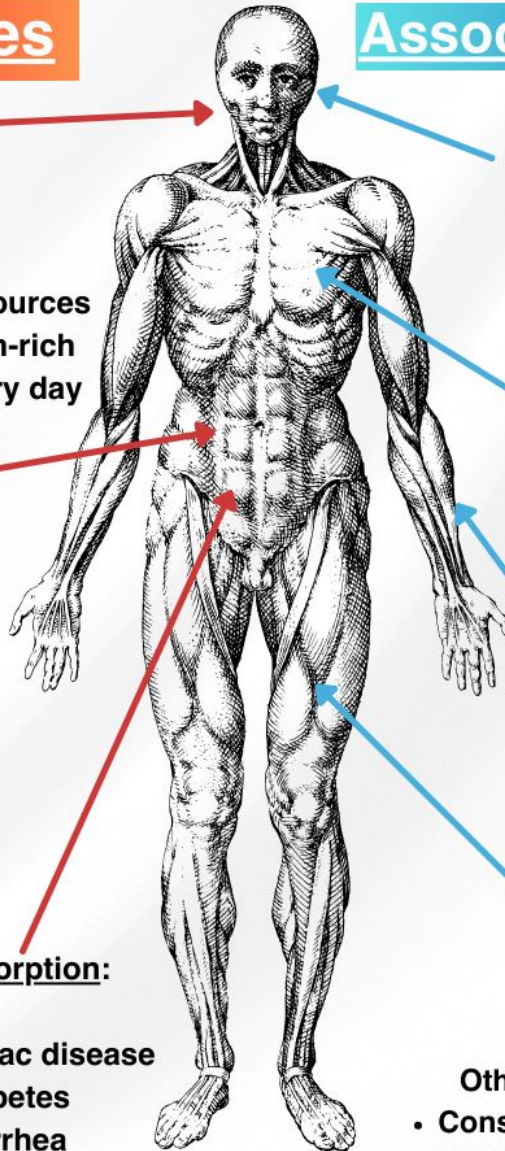
- Muscle spasm
- Menstrual cramps
- Lethargy & fatigue
- Numbness or tingling

Bone:

- Osteoporosis
- Osteomalacia

Other:

- Constipation
- T2DM



Causes of magnesium deficiency and diseases and disorders associated with magnesium deficiency. Note: not all diseases associated with magnesium deficiency are a direct cause of magnesium deficiency. Magnesium deficiency can be a byproduct of disease/condition or lifestyle that contributes to disease.

Abbreviations:

IBD: inflammatory bowel disease;

T2DM: type 2 diabetes mellitus

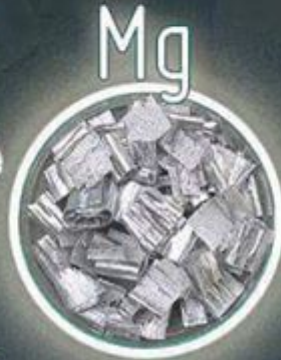
MAGNESIUM

THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg



Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.



In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

Did you know...refined grains remove 80-97 percent of magnesium?

The Spark of Life

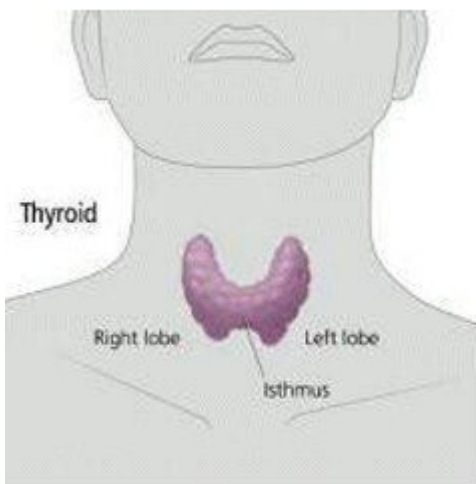
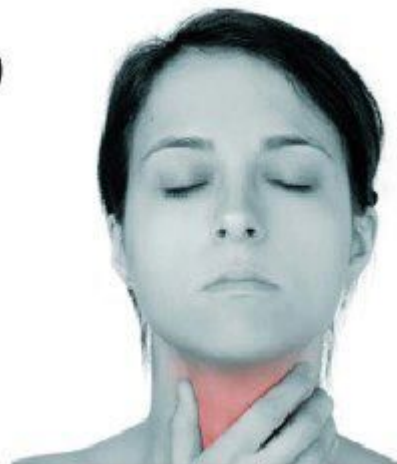
It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.



Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

www.undergroundhealthreporter.com

FOODS TO IMPROVE THYROID HEALTH



KELP, RADISH, PARSLEY, STRAWBERRIES, AND BANANAS FOR IODINE

MUSTARD GREENS, SPINACH, AND SEAWEED FOR TYROSINE

COCONUT OIL

BENTONITE CLAY

The Earth Diet

Cayenne Pepper

Cayenne pepper is a miracle spice.

It offers a wide range of health benefits, thanks to its active ingredient capsaicin and its rich nutritional profile. Some of the key health benefits include:

Boosts Metabolism: Capsaicin has thermogenic properties, which help increase metabolism by raising body temperature, encouraging calorie burning.

Pain Relief: Capsaicin can reduce pain when applied topically by desensitizing pain receptors. It's often used in creams for arthritis and muscle pain.

Improves Digestion: Cayenne pepper stimulates the production of digestive enzymes, promoting better digestion and relieving bloating and gas.

Supports Heart Health: It can help lower blood pressure, improve circulation, and reduce the risk of heart disease by reducing cholesterol and triglyceride levels.

Anti-inflammatory Effects: The capsaicin in cayenne has powerful anti-inflammatory properties, which may help with conditions like arthritis and other inflammatory diseases.

Promotes Weight Loss: Cayenne pepper reduces appetite and increases fat oxidation, helping with weight loss efforts.

Boosts Immunity: High in vitamins A and C, cayenne pepper can strengthen the immune system and help the body fend off infections.

Clears Congestion: Cayenne pepper can help relieve nasal congestion by thinning mucus and making it easier to breathe.

Lowers Blood Sugar: It may help regulate blood sugar levels, making it beneficial for people with diabetes or insulin resistance.

Antioxidant Properties: Rich in antioxidants, cayenne pepper helps neutralize free radicals, which can protect against oxidative stress and chronic diseases.

Benefits of Turmeric

Benefits of Turmeric



| | |
|---------------------------------|---|
| Natural antiinflammatory | Helps prevent gas/bloating |
| Natural antibiotic | Lowers cholesterol |
| Natural antiseptic | Heals stomach ulcers |
| Natural analgesic | Improves skin conditions (psoriasis, eczema, etc) |
| Speeds up wound healing | Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia) |
| Improves digestion | Prevents progression of Alzheimer's |
| Blood purifier | Aids in fat metabolism and weight management |
| Strengthens ligaments | Reduces side effects of chemotherapy |
| Skin tonic | |
| Helps coughs | |
| Improves asthma | |
| Antiarthritic | |
| Slows progression of MS | |

WWW.EDIBLEHARMONY.COM

Seeds

An infographic titled "10 amazing health benefits of Pumpkin Seeds" set against a background of green pumpkin seeds on a wooden surface. A wooden mortar and pestle is visible in the upper right. A red heart with a sunburst effect at the bottom right contains the text "Mama Natural".

10 amazing health benefits of

Pumpkin Seeds

1. the *only* seed that is alkaline-forming
2. can reduce levels of LDL cholesterol
3. 100 g seeds provide 30 g protein
4. used traditionally to kill parasites!
5. reduce inflammation for arthritis
6. prevent kidney stone formation
7. good for prostate health
8. promote good sleep
9. filled with minerals
10. high in zinc

Mama Natural

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen

OREGANO

helps soothe stomach muscles



Thyme

relaxes respiratory muscles

MINT

can ease hiccups



TURMERIC

anti-cancer

GINGER

anti-nausea remedy



BASIL

can relieve gas and soothe stomach upsets

GARLIC

natural antiseptic



BLACK PEPPER

help relieve indigestion

FENUGREEK

helps flush out harmful toxins



CAYENNE

can stop a heart attack

Fennel

can reduce bad breath and body odor



CINNAMON

helps lower blood pressure

CLOVE

anti-microbial



Dill
treat heartburn, colic and gas

SAGE

antiseptic and antibiotic



Rosemary

antioxidant

Rawforbeauty.com