

Health Benefits of Herbs & Spices in All-Purpose and Seafood Seasonings



ONION BENEFITS:

Benefit of Onion: Onions are highly nutritious vegetables that may have several benefits, including improved heart health, better blood sugar regulation, and increased bone density.



GARLIC BENEFITS:

Garlic can function as a prebiotic, which stimulates the growth of healthy bacteria in the digestive system. Dietary supplementation with garlic could help to maintain healthy gut microorganisms and improve overall health. Good gastrointestinal health could even support the health or function of other bodily systems.



LEMONGRASS BENEFITS:

Lemongrass stimulates the mind and helps combat nervousness, vertigo, convulsions, and various other neurological disorders such as Alzheimer's and Parkinson's disease. When used aromatically in a therapeutic bath, it can assist in calming the nerves and help with any symptoms of anxiety and fatigue caused by stress.



Health Benefits of Lemon:

- *Could help fight cancer
- *Improve bone health
- *Benefit oral health
- *Could improve heart health

Other benefits: Acne, Cellulite, Constipation, Dental Abscesses, Depression, Diabetes, Ear Infection, Fungal Nails, Gingivitis, Indigestion, Parkinson's Disease, Poor Blood Circulation, Tapeworms, Tumors, Urinary Tract Infection and Wrinkles.



The health benefits of ginger: Due to its antioxidants, anti-inflammatory properties and content of therapeutic compounds like gingerol, shogaol, paradol and zingerone. In fact, more than 100 compounds have reportedly been isolated from ginger. One of the most powerful ginger benefits is its ability to support digestive health and prevent problems like dyspepsia, a common condition of impaired digestion characterized by symptoms like pain, heartburn, fullness and discomfort.



BASIL BENEFITS:

Protection against infections. Basil has antibacterial properties. Its oils may help fight bacteria if you have respiratory, urinary, abdominal, or skin infections.



DILL WEED BENEFITS:

Dill Weed Benefit: [Vitamin A](#) is an essential nutrient that is important for maintaining vision and supporting a healthy immune system. It also plays a role in male and female reproduction. Dill is also a good source of [manganese](#). While needed in tiny amounts, it is an essential mineral that supports the normal functioning of your brain, nervous system, and metabolism of sugar and fat.



ROSEMARY BENEFITS:

Rosemary contains antioxidant, antimicrobial, and anti-inflammatory compounds. It may have health benefits, including lowering blood sugar and supporting brain health, among others. Rosemary has a long history of culinary and aromatic uses, in addition to applications in traditional herbal and Ayurvedic medicine.



CAYENNE PEPPER BENEFITS:

Cayenne pepper stimulates the nerves in your stomach that produce digestive fluids, which helps your digestion. Research shows it may even help prevent the most common type of stomach ulcers, which are caused by the H. pylori bacteria. Reducing heart disease. Cayenne pepper also helps to open the arteries for a smooth blood flow.



THYME BENEFITS:

Respiratory Support: Natural Cough Suppressant. Thyme has been used as a home remedy for [coughs](#), respiratory conditions, and bronchitis for **years**.



FENNEL BENEFITS:

One cup of fennel bulb is known to contain almost 20 percent of the daily requirement of vitamin C, making it quite a rich source of this beneficial vitamin of our diet.



OREGANO BENEFITS:

Oregano adds flavor to savory dishes. It may also have health benefits due to its anti-inflammatory, antioxidant, and antimicrobial properties. Potential medical uses range from diabetes to cramps. It may also help reduce the risk of cancer. Oregano is an herb from the mint family.



ALLSPICE BENEFITS:

Allspice is a mega-spice which can be used as an alternative to cinnamon, nutmeg, pepper, and other spices. Its unique flavor is a combination of cinnamon, nutmeg, cloves, pepper, juniper, and ginger. It was first cultivated in Southern Mexico, and Central America, but are now grown in many regions of the world.