

Written evidence of herbal remedies dates back over 5,000 years...

The Dynamic Dozen – Twelve Herbs and Spices That Belong in Every Baby Boomer’s Kitchen

What if flavoring your food with selected herbs and spices not only made it tastier, but improved your health as well?

Think of the possible benefits of adding fresh herbs and spices to your meals...

- Replace salt.
- Eliminate additive-laced pre-packaged spice mixes.
- Improved flavor. (There’s a reason professional chefs use fresh herbs and spices!)
- As sense of satisfaction knowing you are fortifying your food with healthy ingredients.

BoomersKnowHow.com has scoured the internet and other resources evaluating list after list of recommended herbs and spices. Well not intended to be all-inclusive, we have distilled our research down to the Dynamic Dozen. The twelve herbs and spices on our list are broadly recommended for a wide range of health benefits, readily available, and recipe friendly.

Word of warning—the herbs and spices included in our Dynamic Dozen are NOT intended as a substitution for any medications prescribed by a doctor, nor are we making any claims or guarantees as to the health benefits found in the research used to compile the list.

That said, we think it makes good sense to learn from the wisdom passed down through the ages, and the wealth of current research supporting the health benefits of herbs and spices. All possible health benefits aside, it’s also just plain fun to prepare meals with these natural ingredients.

Here’s to your health!

The Editors of BoomersKnowHow.com

- Print the Dynamic Dozen photo as a grocery store / farmers’ market shopping reference.
- Print the Dynamic Dozen Table for a kitchen-cooking guide.

The Dynamic Dozen

12 Herbs & Spices for Healthy Eating

BASIL

Cilantro

Garlic

Ginger

Ginseng

Parsley

Oregano

Rosemary

Peppers

Turmeric/Curcumin

Cayenne

Chili

Jalapeno

Cinnamon

Thyme



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The Dynamic Dozen—12 Herbs and Spices for Healthier Eating

Herb / Spice	Benefit	Suggested Uses
Basil	Antioxidant Anti-inflammatory Cardiovascular Health	Pesto Pasta Caprese Salad
Cilantro	Antioxidant Dietary Fiber Reduces Cholesterol Bone Strength	Sauces / Dressings Condiment Cowboy Caviar
Garlic	Fight Coronary Artery Diseases Prevents Infections Kills Parasites Lower Cancer Risk	Soups Dips and Dressings Roasted Meats Stir-Fry
Ginger	Anti-inflammatory Fights Arthritis Pain Soothe Nausea / Upset Stomach Kills Parasites Lowers Blood Pressure	Glazes, Marinades, Sauces Grate over Veggies or Noodles Stir-Fry Stir into Frozen Yogurt
Ginseng	Lower Blood Sugar Levels for Type 2 Diabetes Slow Cancer Cell Growth Aid Memory Reduce Stress Shorten Colds	Tea Soups Stir-Fry
Oregano	Strong Antioxidant Dietary Fiber Reduces Cholesterol Disease Preventing Properties	Add to Anything Tomato Based Sauces Soups
Parsley	Promotes Cardiovascular Health Lowers Cancer Risks	Soups Salads Tomato Sauces
Rosemary	Anti-inflammatory Boost Learning and Memory Protects Blood Vessels	Flavor Roasted Meats Add to Potato Dishes Soups and Sauces Infuse Olive Oil
Thyme	Antioxidant Rich Source of Minerals and Vitamins Anti-Aging Benefits	Salad Dressings and Dips Condiment Stir-Fry
Turmeric / Curcumin	Strong Antioxidant Anti-inflammatory Inhibits Cancer Cell Growth Ease Arthritis Symptoms Anti-Alzheimer's	Sautee Veggies Soups Baked Chicken and Fish Mashed Sweet Potatoes
Cayenne Pepper Chili Peppers Jalapeno	Promotes Cardiovascular Health Boosts Metabolism Disease Prevention	Marinades Sauces and Dressings Chili and Soups
Cinnamon	Strong Antioxidant Anti-inflammatory Lower Blood Sugar Levels for Type 2 Diabetes Promotes Cardiovascular Health	Use as a Sweet Topping Mashed Squash Deserts Brew With Coffee