**Handout for Wellness Series: Spice up your Life**

Spices have the greatest impact on our body. They are “potent packets of innate intelligence” that powerfully alter the quality of food.

Here is a spring spice mix: Makes about ¼ cup. Begin with whole seeds: 1 Tbs. coriander seed, 1 Tbs. cumin seed, 1 tsp. fenugreek seed, dry roast in a heavy bottom frying pan, like a cast iron one. Cool and add to a clean spice grinder or you can use a mortar and pestle, but I find that grinding fenugreek seeds that way is difficult and time consuming due to the hardness of that seed. Add powdered spices of 1 Tbs. ginger, 1 Tbs. turmeric, 1 tsp. black pepper, a pinch of cayenne pepper and a pinch of clove powder. For less heating qualities, you can omit the clove and cayenne by substituting, 1 tsp. Fennel ground and powdered.

**Properties of Turmeric:**

**Turmeric** – (natural anti-biotic) immune boosting contains curcumin which reduces viral replication, also lowers “bad” cholesterol. Detoxify the liver, balance cholesterol levels, promote a healthy response to allergens, stimulate digestion, boost immunity and enhance complexion. Works on all tissues in the body. Contraindicated for pregnancy., acute jaundice or hepatitis.

**Turmeric Sauce**

2.5 Tbs. toasted sesame oil

¼ cup Tahani

¼ cup H2O

2 Tbs. Mellow White Miso

2 tsp. tamari sauce

2 tsp. pure maple syrup, or coconut nectar, or Agave

1 tsp. powdered turmeric

Juice of 1 fresh lemon or lime

Combine Miso and water and mix to a thin paste, add tahini, oil, maple syrup, lemon or lime and then the turmeric. Whisk until blended, pour into a jar and store in the refrigerator. Will be fresh for 3 -4 days. Use over steamed or roasted vegetables, as a salad dressing or on grains. This recipe makes 3 – 4 servings.

**Comforting Chai**

4 cups water

One large or two small cinnamon sticks

16 cardamom pods, partially crushed

24 black peppercorns

12 whole cloves

4 slices of fresh ginger root

1 tsp. loose black or green tea

Boil above ingredients for 5 minutes, place on low heat and add 1 – 2 cups whole milk or almond milk or rice milk. Simmer until the mixture froths. Turn off heat and add any sweetener once it has cooled a bit. Strain and serve.

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