

Digestive Aids

- Cumin - regulates fire
- Coriander - washes toxins
- Fennel - flushes urinary system, #1 remedy for gas; circulation
- Cinnamon - balances blood sugar
- Black pepper - improves quality of digestion
- Ginger - one of best enhancers of digestion, breaks up toxins in the body
- Turmeric - queen off all spices
 - kills stuff and strengthens us all at once
 - purifies blood
 - one of tops herbs for any skin issues
 - dries mucus
 - soothes irritation with allergies and mucus membranes
 - works really well in combination with black pepper

Super Foods

- ghee
- coconut
- dates
- almonds – soak
- pistachios
- turmeric
- squash/pumpkin
- soups –bone broth
- oatmeal
- avacado