



Health Benefits of Our Curries...

Curry's medical benefits are derived from their spice rich ingredients; below is a breakdown of the spices found in our curries (and their benefits):

Turmeric, curry's main ingredient is recognized by its yellow colour. A member of the ginger family, turmeric has long been associated with its healing properties. Used as a common antiseptic in India, turmeric is used regularly to treat damaged skin such as cuts or burns. It's even being touted as a possible cure for Alzheimer's disease.

Cinnamon – Cinnamon is a natural antioxidant which is beneficial to the beautification purposes, not to mention cinnamon oil has antimicrobial properties which prolongs the life of the curry.

Black Pepper – Black pepper has a very long history of medical benefits, the list goes like this: Improves digestion, improves appetite lost, promotes sweating (cardio workout), Promotes urination, anti-bacterial effects, natural anti-oxidant, and everyone's favourite; helps in breaking down fat cells.

Allspice – Allspice's beneficial attribute comes from folklore whereby it provides relief for digestive problems.

Anise – Anise leaves in curry are used to treat digestive problems and toothaches.

Asafoetida – the main medical usage for Asafoetida is for the aid of digestive system, mild cases of asthma, bronchitis and is traditionally used in the aid of children's cold.

Cardamom – Cardamom is used traditionally in Chinese medicine to treat stomach-aches, constipation, dysentery, and other digestion problems.

Chilli Pepper - Red chilli peppers are very rich in vitamin C and pro-vitamin A. Additionally, peppers are a good source of most vitamins B, especially B6, Potassium, Magnesium and Iron.

Cloves – Cloves are reported by many people to be extremely effective in their struggle with nicotine cravings. Well, imagine having craving for curry instead (who'd complain?).

Coriander leaves – Coriander leaves has been used as a folk medicine for the relief of anxiety and insomnia.

Cumin – Cumin can be really helpful in asthma, and a booster for the immune system during cold and flu season.

After listing only a fraction of the benefits for eating curry, the people that gave the word curry should really give it a new identity, not as a combination of different herbs, but a combination of different medical miracles that really taste GREAT!!!