

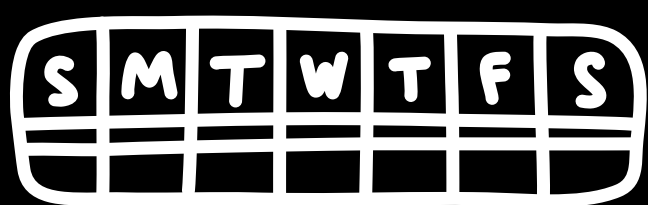
# SPICE UP YOUR LIFE



SPICES CAN TRANSFORM ANY MEAL INTO A GREAT TASTING DISH.

BUT WHAT SPICES BENEFIT OUR HEALTH THE MOST?

HERES THREE THAT YOU CAN USE DAILY -



## GINGER

Packed with health benefits. Ginger can help reduce the risk of diabetes, it's full of anti inflammatories and is great for weightloss due to its thermic compound.



Fresh ginger or ground ginger can be added to your oats & tea, used to marinate chicken or tofu and added curry dishes.

## CINNAMON



High in antioxidants, a great an anti inflammatory & also aids in stabilising your blood sugar levels.

Cinnamon can be added to oats, sweet potato, greek yogurt or coffee.

## TURMERIC

Studies have shown that turmeric is the most powerful spice. Turmeric and especially its most active compound, Curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

Turmeric should be added to you daily diet. It's tastes great with white meats or meat alternatives such as tofu, rice, coffee or blended as part of a smoothie.



NO RULE | PERFORMANCE  
NUTRITION | WEIGHT LOSS  
| LONGEVITY