



Immune Boosting Herbs

The Content is **not intended** to be a substitute for professional **medical advice**, diagnosis, or treatment. Always seek the **advice** of your physician or other qualified health provider with any questions you may have regarding a **medical** condition.

The following are herbs/spices that Amber uses daily for better health. This list is being provided for reference and is not given as medical advice.

NOTE: Please verify any allergies or interactions the herb/spices listed may have with medications you may be taking before incorporating into your daily routine.

Ceylon Cinnamon:

- [helps glucose metabolize in the liver](#)
 - making it a great potential in assisting with diabetes treatment & support
- [contains anti-inflammatory, antioxidant, and antimicrobial effects](#)
 - for immune support
- [helps blood flow through the body and puts less strain on the heart](#)
 - for heart health, including blood pressure

Cardamom:

- contains antioxidants that have been shown to reduce blood pressure
- [research suggests that it may fight cancer cells and stop the growth of tumors](#)
- an amazing anti-inflammatory
- has been found to heal stomach issues, including ulcers
 - [at doses of 12.5 mg per kg \(5.7 mg per pound\) of body weight, cardamom extract was more effective than a common anti-ulcer medication](#)



Cardamom (continued):

- [fight common mouth bacteria, killing off potential illness before it gets started](#)
- [fight multiple fungal infections and bacteria, including those that lead to food poisoning](#)

Cloves:

- [may improve bone health](#)
- [regulate insulin in body](#)
- [has been shown to kill harmful bacteria in the stomach, including e-coli](#)
- high in antioxidants and nutrients

Turmeric:

- natural anti-inflammatory
- neutralizes free radicals in the body
- [improves brain function](#)
- [shown to aid in fighting depression](#)
- [potential cancer fighter & prevention](#)

Ginger:

- assists with nausea, indigestion and upset stomach
- [when consumed regularly, reduces muscle pain and soreness](#)
- [powerful effect on diabetes, lowering fasting blood sugars](#)
- [may lower cholesterol](#)
- [may fight infections](#)