|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Savory Spices That Can Save Your Life | | | | | | | | | |
|  | Anti-Cancer | Anti-Radiation Damage | Anti-Oxidant | Blood Thinner | Anti-Gas | Anti-Nausea | Anti-Inflammatory | Anti-Depressant | Anti-Alzheimer’s |
| Turmeric | + | + | + | + | + |  | + |  |  |
| Ginger |  | + |  |  | + | + | + |  |  |
| Oregano |  | + | + |  |  |  | + | + |  |
| Cloves |  |  | + |  | + |  |  | + |  |
| Garlic | + |  |  |  |  |  |  |  |  |
| Marjoram | + |  |  |  |  |  |  |  |  |
| Cardamom | + |  |  |  |  |  |  |  |  |
| Saffron |  |  |  |  |  |  |  |  | + |
| Cinnamon |  | + |  |  |  |  |  | + |  |
| Nutmeg |  |  |  |  |  |  |  | + |  |