

Taste of Asia Spices and Their Traditional Uses



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Spices have been used for centuries for their medicinal properties because of their antioxidant and anti-inflammatory benefits. Beyond these properties, spices also offer a wide range of other health benefits, making them a valuable addition to any diet. The use of spices featured in today's Taste of Asia Bazaar has not only added delicious flavor and aroma to beloved dishes for many generations, but also provide a variety of health benefits.

Check out the many spices featured today and read all about the amazing health benefits they offer!

CARDAMOM

Lung-strengthening spice used to help with bronchitis, asthma, and improved circulation

FENNEL

Strengthens the immune system and soothes muscular pain

CINNAMON

Improves insulin sensitivity and regulates blood sugar levels and has anti-viral, antibacterial, and anti-fungal properties

CHILI

Contains capsaicin which helps treat pain related to disorders like diabetic neuropathy and arthritis

STAR ANISE

Improves respiratory and digestive health

TURMERIC

Improves brain health and memory function

GINGER

Helps ease nausea, relieve swelling, and improve digestive health

JUJUBE AKA RED DATE

Considered blood-nourishing since it's rich in iron

GOJI BERRY AKA WOLFBERRY

Benefits eye health since it's high in zeaxanthin

CHRYSANTHEMUM

Improves liver health and lowers cholesterol

GINSENG

Improves brain health and boosts physical stamina

SAFFRON

Improves mental health by calming the nervous system and improves heart health

GARLIC

Improves skin health and improves immune health and combats infections from its antibacterial properties

LEMONGRASS

Benefits cell health since it contains citral

GALANGAL

Alleviates arthritic and abdominal discomfort and promotes healthy blood circulation

TAMARIND

Staves off nausea and relieves constipation since it's a source of potassium, magnesium, and thiamine

CUMIN

Help prevent diseases like cancer, heart disease and high blood pressure since it contains flavonoids that work as antioxidants.

CASHEW

Nutrient that is important for energy production, brain health, immunity and bone health since it's a good source of copper, magnesium and manganese.