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Health tip

Spices with a health benefit

Who isn't familiar with the aroma of Christmas? Spices that make us feel good, particularly in winter, also have a positive effect on our health!

► **The secret power of spices**

Thanks to their many constituents, spices can help us with problems involving our health. This ranges from stimulating the metabolism and strengthening the immune system to exerting anti-inflammatory, pain-relieving or antibacterial effects. They also literally spice up our food!

► **Cinnamon**

Cinnamon sticks don't just smell great. Cinnamon is also said to act like a disinfectant, relieve cramps, improve the blood circulation and brighten our mood. It is a particularly popular treatment for gastrointestinal disorders such as heartburn, bloating and diarrhoea.

► **Aniseed**

Aniseed helps to relax the muscles in the digestive tract, so possibly relieving colicky abdominal pain. At the same time it improves the blood flow to the muscles and aids digestion.

► **Ginger**

A true all-rounder. It not only helps with indigestion, but also with nausea or the symptoms of colds. A tip for making comforting ginger tea: Cut a small piece of fresh ginger into thin slices and add boiling water. Then cover and leave for around 10 minutes. Savour once it has cooled down.



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