



Get Fit. **Life Tip.**

## Add a little spice to your life

When cooking at home, adding spices to your meals can give you added health benefits along with rich flavor for little calories. Take a look at everyday spices that you may already have in your pantry:

### **Cinnamon**

- Controls blood sugar levels
- Helps maintain insulin sensitivity
- Powerful antioxidant
- May have anti-bacterial and anti-fungal properties

### **Basil**

- High in vitamin A
- Helps prevent cholesterol from building up in blood vessels
- Contains magnesium which helps blood vessels to relax and increases blood flow
- Contains eugenol (essential oil) which has an anti-inflammatory effect

### **Nutmeg**

- Oil found in nutmeg helps with treating stress, joint pain, menstrual cramps, heart disorders, indigestion, blood pressure and anti-inflammatory.
- Helps dissolve kidney stones and removes toxins from the liver

### **Cayenne pepper**

- Helps with high blood pressure, clean arteries, lower LDL levels (bad cholesterol)
- Helps increase metabolism
- Helps the circulatory system (ie. cell structure of capillaries, veins, arteries) and helps adjust blood pressure to normal levels

### **Tumeric**

- A natural antiseptic, anti-bacterial agent and anti-inflammatory
- Acts as a liver detoxifier
- Helps with prostate cancer and growth of prostate cancer
- May help with weight management

### **Garlic**

- Helps lower cholesterol and blood pressure
- Offer protection to ward off strokes and heart disease
- Helps the body fight off infections

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

*Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.*

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