

# \*healthreport

By Tricia O'Brien

# Can oregano prevent cancer?

## surprising remedies from your spice rack

Your pantry may hold the answer to everything from arthritis and memory problems to diabetes and cancer. Take our sage advice to improve your health (and your cuisine).

It's common knowledge that spices can add serious mojo to your meat loaf and zest to your spaghetti Bolognese. But nowadays, these culinary flavor enhancers are taking on superstar status as health boosters, too.

Research has found that spices—which generally come from the bark, stem and seeds of a plant (as opposed to its leaves)—are chock-full of antioxidants and other wellness-promoting constituents and should earn praise just like produce does.

What's more, adding zip with spices reduces one's reliance on fats and salt, rendering recipes that much more nutritious.

*Tricia O'Brien is a New York City-based writer.*

So how much is enough?

When it comes to reaping the health benefits of spices, making them a habitual part of your diet is best, says Takayuki Shibamoto, Ph.D., a professor of environmental toxicology at the University of California, Davis, who researches the health benefits of spices. What's more, when used in cooking, these spices are very safe. Sprinkle on your favorite spice today, and you could be on your way to wellness.

### Cinnamon

**Health Bonus:** A few shakes of cinnamon could significantly lower your cholesterol, triglycerides and blood sugar, according to research led by Richard Ander-

### cinnamon

- cholesterol conqueror
- blood sugar stabilizer



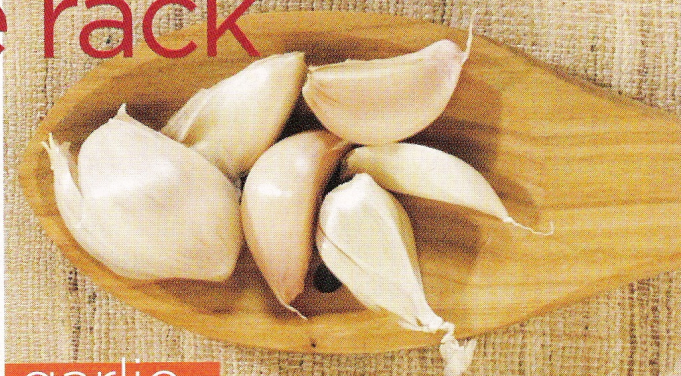
### oregano

- cancer fighter



### garlic

- heart protector



### ginger

- pain reliever
- nausea remedy

