



## OVERVIEW

**Spice for Life** provides tools for home chefs, natural health enthusiasts and health professionals on how to use herbs and spices to support health recovery and wellness in the community.

The program includes a workshop in which six foundational herbs and spices are discussed in depth, plus two follow up study group sessions providing further evidence on how to use spices to address stress, toxicity, and chronic illness.

The super six spices include turmeric, ashwagandha, two types of basil (sweet and holy basil), ginger, cinnamon and saffron. For each of these, we will provide a practical pedagogy on their (1) cultural history and use, (2) botanical constituents, (3) evidence-based health benefits, (4) clinical uses, interactions and synergies, (5) supplemental use and dosage range, (6) culinary use in healing food main dishes, side dishes, sauces, and beverages, (6) how to cultivate and harvest these plants in one's own backyard.

We will present information on how these plants, when used together can provide profound healing activity with regular use due to their phytonutrients complexity providing benefits including, but not limited to their (1) anti-inflammatory, (2) tissue healing, (3) blood sugar regulating, (4) nervous system balancing, (5) digestive strengthening, (6) anti-microbial and (7) cancer protective properties.

## **JUSTIFICATION:**

As Hippocrates said: “Let food be thy medicine and medicine be thy food”. This is especially true when we include culinary herbs and spices. **Spice for Life** provides a combination of wonderful recipes, remedies, research on health benefits, safe and skillful application of pungent and powerful herbs and spices. This combination of ancient wisdom and modern science on healing plants is sorely absent in public health and modern medicine, today. In traditional cultures, elders would know which plants to use to protect the tribe, ward off pathogens, cool a fever, and dispel toxins. Local plants would be provided in a brew, a stew, a smoke or topical application. With a pandemic raging, and health systems overwhelmed, knowing how to eat and cook to strengthen immunity and support vulnerable body systems, can be the difference in staying well or falling ill. As we reconnect with the earth and experience the vitality of being in nature through the food we eat and with time spent in the garden, park, forest or stream, our appetite to learn about plant medicine awakens.

**Spice for Life** aims to inspire you to be in the kitchen cooking up a spicy cultural dish from your family heritage and running to the store to pick up a spice you never knew or used before. Learn how to nourish yourself, friends and family suffering age-related degenerative disorders that are closely associated with environmental exposures, infections infection and inflammatory processes in the body. The use of culinary herbs and spices offer a sensible, easy and tasty way to provide phytonutrients (plant compounds) to support your natural defense system to empower you to adapt and heal rather than fight disease. One of the reasons spices such turmeric and cumin were added to dishes was to reduce rancidity and oxidation, thus extending their shelf life, often without refrigeration. When we consume these same herbs, they preserve our cellular health, protecting us from damage, and even aging. They are not anti-aging; for they aren't against aging, but rather they enable us age gracefully.

**Spice for Life** provides tools for home chefs, natural health enthusiasts and health professionals on how to use herbs and spices to support health recovery and wellness in the community. The program includes a workshop in which six foundational herbs and spices are discussed in depth, plus two follow up study group sessions providing further evidence on how to use spices to address stress, toxicity, and chronic illness. The super six spices include turmeric, ashwagandha, two types of basil (sweet and holy basil), ginger, cinnamon and saffron. For each of these, we will provide a practical pedagogy on their (1) cultural history and use, (2) botanical constituents, (3) evidence-based health benefits, (4) clinical uses, interactions and synergies, (5) supplemental use and dosage range, (6) culinary use in healing food main dishes, side dishes, sauces, and beverages, (6) how to cultivate and harvest these plants in one's own backyard. We will present information on how these plants, when used together can provide profound healing activity with regular use due to their phytonutrients complexity providing benefits including, but not limited to their (1) anti-inflammatory, (2) tissue healing, (3) blood sugar regulating, (4) nervous system balancing, (5) digestive strengthening, (6) anti-microbial and (7) cancer protective properties.

## **LEARNING OBJECTIVES:**

- The key constituents of six healing herbs and spices.
- The evidence-based research on the health benefits and safety of six healing herbs and spices
- When and how to recommend each of the six healing herbs and spices, singly and in combination.
- How to cook with each of the six healing herbs and spices.
- How to create tea blends and tinctures with some or all of the six healing herbs and spices.
- How to use herbs and spices to detoxify, build resilience, manage stress, pain and insomnia heal using a combination of food, herbs, spices, and self-care practices

### **PROGRAM STRUCTURE:**

A full color, 194-page **Spice for Life: Self-Healing Recipes, Remedies and Research** e-book, and a 30 page syllabus is provided to support the video lessons, online peer-to-peer learning and provide practical information, research, recipes and worksheets to track progress and challenges.

**Spice for Life** is integrated with BaumanWellness.co Mighty Networks online community learning site that allows self-paced learners to engage with otherlearners with the following:

**Events** - monthly Zoom gatherings

**Chat** - private online chat room with fellow learners

**Topics** - topics discussion groups around nutrition, culinary and lifestyles

There are eight (8) self-paced lessons, with the following topics:

**Lesson 1:** Turmeric

**Lesson 2:** Ashwagandha

**Lesson 3:** Basil

**Lesson 4:** Ginger

**Lesson 5:** Cinnamon

**Lesson 6:** Saffron

**Study Group 1:** Impact of Altered Ecology, Viral and Toxic Load on Health

**Study Group 2:** Food, Herb and Spice Blends for Managing Chronic Stress, Pain and Insomnia

### **CURRICULUM:**

### Lesson 1: Turmeric

- Cultural history
- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- Food Demo and tasting: recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Lesson 2: Ashwagandha

- Cultural history
- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- **Food Demo and tasting:** recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Lesson 3: Basil

- Cultural history
- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- **Food Demo and tasting:** recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Lesson 4: Ginger

- Cultural history
- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- **Food Demo and tasting:** recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Lesson 5: Cinnamon

- Cultural history

- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- **Food Demo and tasting:** recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Lesson 6: Saffron

- Cultural history
- Botanical constituents
- Health recovery and disease management research
- Clinical applications, interrelations and synergies
- Supplemental forms and dose range
- **Food Demo and tasting:** recipes, remedies, teas and sauces
- **Application:** Complex case history dynamics

### Study Group 1: Impact of Altered Ecology, Viral and Toxic Load on Health:

- Root causes and root solutions to ecological and human disorders
- Culinary herbs and spices that provide protection and support detoxification
- Featured spices, constituents and action
  - Garlic – allicin - antimicrobial, immune booster
  - Rosemary - antioxidant - respiratory tonic • Basil -aromatic oils - blood cleansers, drainage
  - Cilantro – chlorophyll - heavy metal binder
  - Turmeric - carotene/flavonoids - liver tonic, tissue restorative
  - Ginger - gingerol flavonoids – promote digestion, circulation
  - Pepper- capsaicin – improves assimilation, circulation
- Plants to support and gut health and the microbiome
  - a. marshmallow,
  - b. chamomile,
  - c. licorice,
  - d. orange peel,
  - e. papaya
- **Food demonstration:** Garlic Chutney Recipe
- **Case history presentation:** Chronic Immune Deficiency and CoVid-19 protection

### Study Group 2: Food, Herb and Spice Blends for Managing Chronic Stress, Pain and Insomnia

- **Food:** Mood Connection

- **Inflammation:** causes, triggers, consequences
- Anti-inflammatory foods, herbs and spiced
- Pain explained
- Opiate and NSAID effects and side effects
- Using culinary herbs and spices to manage stress, pain and insomnia
- Featured soothing and healing foods and herbs
  - a. hops
  - b. hemp
  - c. aloe vera
  - d. capsaicin
  - e. wintergreen
- **Food demonstration:** Paprika smoothie
- **Case history presentation:** Breaking the cycle of chronic pain and insomnia