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INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

Cardamom

Cardamom is a spice with an intense, slightly sweet flavor that some people compare to mint. It originated in India but is available worldwide today and used in both sweet and savory recipes. The seeds, oils and extracts of cardamom are thought to have impressive medicinal properties and have been used in traditional medicine for centuries

Cardamom is well known in Ayurvedic circles as a powerful digestive aid, considered especially beneficial to reduce bloating and intestinal gas. It is related to ginger (known for digestion support) and is also used against acidity, heartburn and constipation. Cardamom can kick-start the secretion of digestive juices to stimulate appetite, which makes digestion and absorption of food more efficient. Its relaxing effect on smooth muscle in the digestive tract also helps to settle the stomach, especially when related to stress

Cardamom is a great detoxification aid, which is greatly assisted by its potent diuretic properties. Whilst working against infections, it also stimulates the kidneys to remove uric acid, urea, toxins, excess water and other waste products out of the body. This encourages more balanced health.

This powerful spice, is an excellent alternative for minty-fresh breath. Traditional cultures chew cardamom to freshen their breath. It also has the added benefit of counteracting harmful bacteria in the mouth.

Apart from helping to fresh the breath, cardamom can be beneficial against mouth ulcers and infections of the mouth and throat. Studies show that cardamom has effective antimicrobial effects on oral bacteria, whilst (unlike modern, allopathic antibiotics) supporting the probiotic bacteria (which are necessary for balance and equilibrium within the body's systems).

It has been shown to work powerfully against oral pathogenic bacteria like *Streptococcus mutans* and *Candida albicans*. Cineole, the major active component of cardamom oil, is a powerful antiseptic that is known to kill bacteria producing bad breath and other infections.

Cardamom is commonly used in Ayurvedic medicine to fight depression. It has a miraculous way of lifting the spirit and calming the nerves. Human studies clearly show that ground cardamom seeds, administered regularly, have the ability to significantly reduce blood pressure in individuals suffering from hypertension.

Ancient medicine lists cardamom as a powerful aphrodisiac that can help support sexual health, erectile dysfunction and impotence. It is referred to in the Arabian Nights (a famous collection of Persian, Indian, and Arabian folktales), where it is said to be an aphrodisiac.



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Whilst the science of cardamom's cancer preventing properties haven't yet been fully demystified, scientific studies have shown promising evidence that this spice demonstrates positive action against cancer.

One study by Ray Sahelian, M.D. showed that cardamom has very powerful antioxidant properties. These studies also revealed that cardamom has complex abilities that can help combat cancer (because of the C₉H₉NO and 3,3'-diindolylmethane content inherent to cardamom).

Cardamom is said to relieve cold and flu symptoms. It's also used for bronchitis and coughs. Its stimulating expectorant action helps to clear phlegm from the nose and sinuses as well as the chest, which makes it a good treatment to counteract colds, coughs, asthma and chest infections. Cardamom has a powerful antioxidant profile. It is well known for mopping up free radicals. Various chemical compounds, including volatile oils in cardamom have been shown to act strongly against the growth of viruses, bacteria and fungus with the human body.