

# Herbs & Spices – Blend them up for flavor & wellness

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## We Are What We Eat: Pay The Farmer Not The Pharmacy

- July 20, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 22

1. [Herbs & Spices - Blend them up for flavor & wellness](#)

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We each have our favorite herb (Thyme, basil, cilantro) & spice (Turmeric, Pepper, or clove) that we like to somehow blend into our foods. But the trick is to use many of them together. They are synergistic in their effects. For instance, a little pepper with Turmeric better releases the magical curcumin. Dozens of spice nutrients are released into our bodies in the presence of other herbs and spices. So, go ahead & create your own spice blend.

Find out more at <https://umaglobalfoods.com/blog/>