

IMMUNITY BOOSTERS IN EVERY KITCHEN

By Simrat Kathuria
The Diet Xperts



www.thedietxperts.in



About Us

The Diet Xperts is a nutritional clinic dedicated to inculcating good nutrition and agile lifestyle habits among individuals and helping them lead healthy and active lives.

Founded by **Simrat Kathuria** in Ludhiana, Punjab, The Diet Xperts offers a wide range of services which pave the way towards making healthier choices and ultimately helping you build a better immune system and keeping diseases at bay, while also helping you meet your fitness goal.

With branches spanned out across the region of north India, **Simran Kathuria and her team** is passionate about developing and sustaining customised plans that not only focus on physical well-being, but also food, nutrition and several other aspects that contribute to an individual's holistic well-being.

Simrat Kathuria's vision to create plans which cater to all kinds of dietary restraints and requirements is reflected through her driven commitment towards making every individual fulfill their dream of honing their dream bodies. Her zeal for health and fitness is further vouched for by a plethora of happy clients who witnessed losing pounds and gaining self esteem through her constant guidance.

To bring a positive change in your own life, book a consultation with her by visiting her website- <https://thediexperts.in>

Prologue



- Dadi Nani Ke Nuskhe

APART FROM BOOSTING IMMUNITY, DO SPICES ALSO HELP IN FIGHTING MEDICAL CONCERNS?

India's cuisine is renowned for its heavy usage of a wide variety of spices. Spices are mixed and matched in a range of recipes and even a subtle shift in cooking technique can make the same spice taste entirely different.

Beyond serving their main purpose of flavoring food, spices are rich in healthy compounds which have been proven to fight inflammation and reduce damage to your body's cells.

As the medical benefits of consuming certain spices are gaining awareness, it has now become very essential to consume moderate amounts of spices and herbs by inculcating them in our daily diets.

To explore these magical ingredients, we've profiled some of the most commonly used spices in India along with their benefits and directions for consumption.



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1

Turmeric (Haldi)

Turmeric (Golden Spice) powder is an old ancient love story. The medicinal properties of turmeric make it the perfect concoction for all seasons. There are several ways in which this magical herb can help you. The powdered form of turmeric is the most popularly used spice; its crude and unprocessed root form is one that you should use.

Let's go through some of its most crucial benefits:

- It acts as an anti-bacterial, anti-allergic, anti-fungal, antiseptic and anti-viral agent and helps in boosting the overall functioning of our immunity system.
- Helps to combat a number of conditions like inflammation, heart disease and acts as a powerful antioxidant.
- Boosts digestion.
- Countering arthritis/joint-pain.

- Turmeric can help prevent (and perhaps even treat) cancer.
- Help delay aging and fight age-related chronic diseases.

How to consume it:

Haldi milk (Golden milk) & turmeric shot are their best form to add in your day to day routine.

Note: To enhance the absorption of turmeric consume with black pepper.

Let the golden magic heal.



2

Ginger (Adrak)

Ginger (Adrak) has proved to be one of the most prominent staples for many home remedies and also immunity booster.

The pungent root is known for its ability to settle upset stomach and alleviate nausea and prevents colitis.

Its volatile oils have anti-inflammatory properties, which can help ease the symptoms of:

- Cold & flu
- Sore Throat
- Migraine
- Menstrual pains

Recommendation goes to people with pollutant allergies, considering it helps clear off the mucus & helps in relieving Congestion.

How to consume it:

Add a few drops to hot water in the morning or evening.

A teaspoon of Ginger Juice may help you stave off any viral or bacterial infection. It can be sweetened with a small amount of honey.

A cup of ginger tea,

#KadakAdrakiChai

maza aa jaye...!



Cinnamon (Dalchini)

Its scent evokes thoughts of warmth & comfort. It blends with sweet & savory flavor & smells.

Researchers have found that it ranks No. 1 among most popular spices in the world in terms of its protective antioxidant levels.

Some of its benefits:

- Warms the entire body (Esp. in Winters).
- Decongestant.
- Anti-microbial to cleanse the mouth.
- Menstrual flow regulator.
- Reduces LDL (bad cholesterol).
- Reduces insulin resistance.
- It helps your body relax and alleviate stress to achieve a restful sleep.

How to consume it:

A pinch of cinnamon to your warm glass of milk is a perfect relaxant.

Enhance your green tea/herbal tea with this aromatic spice.

Add it to drinks such as smoothies.

Sprinkle on warm porridge.



4

Cloves (Laung)

Cloves (Laung) are widely recognized the world over for its medicinal and culinary qualities. These dried flower buds have a distinct flavor and intense aroma.

The following are some of its properties and benefits.

- High in Antioxidants that reduce oxidative stress.
- Cloves are known, antiviral and anti-inflammatory which help stiff winter joints.
- Cloves are also believed to be effective expectorants, which mean they help loosen the mucus in the throat help you to cough it up.
- It is well known for antiseptic and dental-soothing properties.
- Cloves contain fiber, vitamins and minerals, so using whole or ground cloves to add flavor to your food can provide some important nutrients.

How to consume it:

Mix clove oil with cinnamon oil in fractionated coconut oil (a type of oil made from regular coconut oil with most fatty acids removed) and apply it onto the bottoms of your feet for a grounding and relaxing foot massage.

Opt for clove oil to clear blocked nasal passages too.

You can chew on to some cloves raw, or mix it with hot water and drink it early morning.

You can add cloves to your salad dressings, meats and desserts and relish the bursts of flavors.



5

Nutmeg (Jaiphal)

Nutmeg has strong antibacterial properties that help boost the immune system. This is a warm spice and can be added in your sweet and savory food items to boost their flavors.

Nutmeg is an incredible spice, used sparingly in dishes. It lends a nutty sweet taste to the dish. However, it comes packed with benefits, both for health and beauty. It is enriched with nutrients: minerals such as magnesium, manganese and copper; and vitamins such as B1, B6, etc..

- The calming effect of nutmeg plays a key role in treating insomnia when consumed in smaller doses for a long period of time.
- Nutmeg contains many essential volatile oils such as myristicin, elemicin, eugenol and safrole, which help in treating joint pains. Just a few drops of the oil on the affected area can treat inflammation, swelling, joint pain, muscle pain and sores.
- It aids the secretion of digestive enzymes, bringing relief, while the fibre content in nutmeg will help in bowel movement. It also helps in removing excessive gas from the system.
- It can lift your mood and acts as a tonic and stimulant, making it beneficial if you are recovering from an illness or are overtired. It is also known to help in concentration.
- Have anti-bacterial properties, it helps in removing bacteria from the mouth which are responsible for causing bad breath & helps in relieving toothaches as well.

How to consume it:

In a cup of hot milk, add a pinch of nutmeg powder, a few drops of honey and crushed cardamom.



6

Asafoetida (Hing)

This is a potential smelling Spice provides fiber, calcium, phosphorus, iron, niacin, carotene and riboflavin. As an ingredient which is not only used for culinary purposes, especially in tadka but also for several therapeutic benefits.

- Cure for stomach problems.
- Relief from Respiratory Infections.
- Remedy for menstrual problems.
- Anti-inflammatory properties.
- Anti ageing spice.

How to consume it:

Add it in tempering (tadka) in dishes.

Note: It contains Gluten.



Cumin Seeds (Jeera)

Jeera or cumin seeds are one of the most common and popular spice that can be find easily at every shelf of Indian Kitchens.

It has a laundry list of proven health benefits to offer:

- Cumin seeds contain high amount of antioxidants that flush out toxins from your body and promotes organ health. It shows its effect mainly on liver and stomach.
- Boosts Digestion.
- Supports Immune System as it's an excellent source of iron, vitamin A and Vitamin C that fight against free radicals.
- Being a rich source of potassium helps to maintain electrolyte and fluid balance in the body. This regulates your blood pressure.
- It is a naturally anti-congestive agent

that dilutes the mucus accumulated in the chest and respiratory tract and expels it out from the body.

- Good for Skin.

How to consume it:

Regularly can be use in tadka or tempering in dishes.

Jeera water in morning makes it one of the healthiest drinks ever known.



Carom Seeds (Ajwain)

Carom seeds are incredibly nutritious, being rich in fiber, antioxidants, and other vitamins and minerals. Because of this, they have been associated with health benefits and long been used in traditional Indian medicine practices.

- Helps in Prevention of Acidity & Hyperacidity.
- Regulates Cholesterol Levels.
- Ajwain is one of the best herbal wonder drug for gas, flatulence and indigestion.
- Fight Inflammation; relieve arthritis pain.
- Help to manage body metabolism & weight.

How To Consume it:

Use them in cooking where ever its possible.

Ajwain Water is a great way to receive the benefits of Ajwain.

Ajwain Chai is beneficial for gastric ailments.



Black Pepper (Kali Mirch)

The king of spices does not demand a generous place in our diet. A pinch per meal is all that is needed to make it work its charm. It is rich in vitamins and minerals such as copper, magnesium, calcium, iron, phosphorus, Vitamin C, B2, and B6. It also has substantial quantities of fibre. Black pepper, while used in cooking and garnishing in cuisines the world over, comes with lots of health benefits.

- Enhances digestion.
- Relieves cold and cough.
- **Absorption of nutrients:** When consumed with other nutrient-rich fruits and vegetables, black pepper benefits the body's ability to absorb maximum nutrition.
- Promotes weight Loss.
- It has antioxidant and anti-inflammatory properties.
- Maintains skin health.

How to consume it:

The use of black pepper in food is limitless as it can be used in home remedies too.

Freshly crushed pepper can be added in almost anything — from salads, sunny side-ups, and soups, to pastas, and even buttermilk.

Also spice up sauces for steaks or curries.



10

Green Cardamom (Hari Elaichi)

Elaichi or cardamom is one of the most common spices seen in an Indian household. Not only is it added to sweet and savory dishes it is also used as a natural mouth freshener. But the humble green pod has a lot more to offer – healthy wise.

The spice also stimulates metabolism, given its antioxidant and anti-inflammatory properties.

- Improves digestion.
- Relieves acidity.
- Natural mouth freshener.

How to consume it:

Whole green cardamom pods are added to pulaos, curries, and hot dishes. As the shell integrates while cooking, it infuses the dish with its essence and refreshing aroma.

Cardamom can be added to tea or coffee to impart its pleasant and refreshing aroma.

Besides the savory dishes, cardamom can be used in desserts like kheer and firni as well as sweets like gulab jamun, gajar ka halwa, etc. to impart its distinctive flavor.



Fenugreek Seeds (Methi Dana)

Fenugreek seeds are known for regulating blood glucose levels & weight management. Methi dana has always been one of the ingredients that are used in small proportion, but is excellent for treating various conditions and are most beneficial when consumed during colder months.

Let's go through its properties.

- For lactating mothers: Fenugreek water is excellent for lactating mothers as it aids in milk production. For pregnant ladies as well as nursing mothers, fenugreek seeds are very beneficial, that is why these are used in ladoos that are made especially for new mothers to boost their recovery.
- Fenugreek water has also been put to use for tackling issues like water retention & bloating. It's a rich source of magnesium, and regular consumption may help your body relax.
- Fenugreek water is a great antacid. Its regular consumption may help strengthen the digestive system & check issues tied to gastritis.
- It provides relief to muscles during menstrual cramps and it eases the symptoms of menopause.

- **Cure dandruff:** As Methi seeds contain protein & nicotine, it can be extremely useful for hair fall, dandruff and help to treat various scalp problems like dryness etc.
- **For Hair Growth:** It is rich in amino acids thereby helping the hair growth.

How to consume it:

Apart from the methre water, it is a good idea to sprout methi seeds to add them in your salads and other delicacies. This way you'll get all its essential fibres and minerals.

P.S: Fenugreek seeds are hot in nature therefore just a teaspoon should be enough to be soaked in a cup of water. People with intestinal ulcers must skip consuming fenugreek water. Excessive consumption may cause skin dryness.

Coriander Seeds (Sabut Dhania)

Coriander seeds are usually roasted and ground before using; otherwise, they can have a tough texture to chew. Coriander seed is one such spice that is used in most Indian dishes because of its flavorful, cooling and medicinal properties.

- Unlike other dry spice seeds that lack in vitamin-C, coriander seeds contain an ample amount of this antioxidant vitamin.
- Its seeds are an excellent source of minerals like iron, copper, calcium, potassium, manganese, zinc and magnesium. Copper is essential for the production of red blood cells. Iron is essential for cell metabolism and red blood cell formation. Zinc is a co-factor in many enzymes that regulate growth and development, sperm generation, digestion and nucleic acid synthesis. Potassium is an important component of cell and body

fluids that helps controlling heart rate and blood pressure.

- Prevents Menstrual Irregularities.
- Treat stomach disorders.
- Manage high blood pressure.
- Treat fungal infections.

How to consume it:

Coriander seeds can be use in our daily cooking.

Drinking coriander water in the morning can help improve digestion throughout the day, and boost metabolism.



Mustard Seeds (Rai)

Mustard seeds are fruit pods obtained from the mustard plant, in the Brassica family. Some of the close members of mustards in this family include cabbage, broccoli, brussels-sprouts, etc.

Apart from the taste benefits of mustard seeds and the easy availability that made them popular, one can find a number of mustard seed benefits for our health too.

It is available in white, brown and black varieties and is used by people all over the world.

- Nonetheless, the seeds are made of quality proteins, essential oils, vitamins, minerals, and dietary fiber.
- Mustard seeds also qualified as a very good source of omega-3 fatty acids and manganese as well as a good source of phosphorus, copper, and vitamin B1.
- Mustard seeds are a source of relief for people having rheumatic arthritis. The selenium and magnesium content in it helps in providing

relief from this problem.

- Blood Pressure and Menopausal Relief.
- Provide relief from headache.

How To Consume it:

- Mustard seeds are largely used for tempering the dishes.
- Can be used for pickling and in chutneys.
- Another great way of putting mustard seeds to use is in salad dressings.
- Brown mustard seeds are used for garnishing, once sautéed in oil a little.

Fennel Seeds (Saunf)

Fennel is an aromatic herb belonging to the parsley family. It is used as a spice and also possesses a sweet taste. Indian families often consume fennel seeds after having their meal for healthier and faster digestion.

- Purifies Blood.
- Improve Digestive Health.
- Reduces water retention and suppress appetite.
- Improves Eye Health.
- **Reduce Menstrual Pain:** Chewing saunf can help in inducing menstruation.
- Help in boosting your metabolism.
- Help you to get a healthy glow on your face.

How to consume it:

- Can be added to your daily evening tea.
- Saunf Water will be equally helpful.
- Also in your sweet dishes too.



Nigella Seeds (Kalonji)

Nigella seeds (black caraway), known more locally as kalonji. It's a well-known spice that helps in giving a nice aroma to food.

Kalonji seeds are a storehouse of protein, carbohydrate, dietary fiber and fat. The seeds are also abundant in vital minerals including calcium, phosphorus, iron, sodium and potassium and essential vitamins A, C, E and K. Apart from its culinary uses, it's perfect for health and possesses many medicinal properties too.

- Aids in weight loss.
- Boosts Memory.
- Boost Immune System.
- Gives you healthy hair.
- Lowers Cholesterol.
- Enables you to combat diabetes.
- Promotes liver health.
- Alleviate inflammation.

How to consume it:

Kalonji can be eaten raw, added to dishes or mixed with honey or water.



About The Author

Simrat Kathuria can be best described as a dynamic diet and wellness coach whose stellar work is vouched for by the plethora of credentials that she has achieved over the years.

Her achievements include, but aren't limited to, being a multiple time winner of the prestigious Medical Pioneers award by The Times of India and more recently, bagging the title of the **Best Dietitian of Punjab** adjourned to her by Bollywood actress **Mandira Bedi**.

Having served as the official diet coaching partner for renowned beauty pageants such as **Miss India, Miss Punjab and Mr.India**, **Simrat Kathuria** has redefined the benchmarks for excellence in the fields of health and wellness in this country.

After being awarded the title of **Best Dietician by the Global Achievers Forum**, she is now part of the core panel at GAF where her key responsibilities include delegating at various events.

Simrat is also a living inspiration for many women who look upto her as a powerhouse of professionalism whilst being grounded in the roots of traditional values and ethos.

She has also been featured in celebrated lifestyle magazines such as **Urban Melange** and **Glimpse** for her excellent contribution in the field of nutrition.

Passionate about receiving and imparting knowledge in this arena, Simrat's articles are published in prominent English language newspapers such as **The Times of India** and **Hindustan Times** on a frequent basis.

Leading schools and colleges of the region have Simrat on their panel of guest speakers, where she addresses students, parents and academicians on issues pertaining to diet and holistic wellness.



The Story of **Simrat Kathuria** resonates hard work, dedication and quality delivery over a span of many years of expertise. In the field of diet care and wellness, **The Diet Xperts**, which is the brainchild of Simrat, has earned itself an unparalleled reputation in the industry, which her clientele have not only adopted but also accredited it as one of its kinds solution for all diet and weight related goals.

The Diet Xperts is engaged in top-notch consultation for a range of health related objectives such as weight loss, weight gain, post-pregnancy weight coaching, therapeutic diet coaching, sports diet consultation, skin and hair wellness consultation and a legion of similar nutritional services.

Simrat's programs and line of consultations are very customised and individual centric. This is owing to her core belief that each body type requires a different diet regime and one-for-all approach cannot just work when it comes to diet and wellness.

It is due to this unwavering philosophy and mindset for growth that she and her team have served more than **10,000 clients in India and overseas**.

At present, **The diet Xpert by Simrat Kathuria** is dedicated towards facilitating lifestyle changes and continues to grow towards its ultimate goal of transforming lives of individuals across various parts of the world.

Acknowledgements

This book is not just a mere compilation of the advantages of spices and herbs that you find in your kitchen, it is also the gateway towards the exploration of a bounty of benefits towards physical and mental health, that otherwise usually go unnoticed.

That said, I wish to thank all the people whose unwavering support and guidance played a key role in the completion of this book.

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I would also like to recognize the invaluable assistance of Mr. Kunal Pruthi for helping me in setting this book in motion.

Lastly, I will leave you with a little food for thought- "Health is like money, we never have a true idea of its value until we lose it"- Josh Billings.

Thank you for reading,

I wish nothing but abundance of joy and good health to all of you!



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