



Yogic Kitchen (Spice Medicine)

Winter Warming Spices –

From teas, to meat rubs, to stews & pies, Cinnamon, Ginger, and Nutmeg not only fire up your belly but also fire up good health during the winter season. Cinnamon is one of the oldest spices known. A Traditional Warming Remedy for winter ailments. In addition to the active components in its essential oils and its nutrient composition, cinnamon has also been valued in energy-based medical systems, such as Traditional Chinese Medicine, for its warming qualities. In these traditions, cinnamon has been used to provide relief when faced with the onset of a cold or flu, especially when mixed in a tea with some fresh ginger. History: Cinnamon is mentioned in the Bible and was used in ancient Egypt not only as a beverage flavouring and medicine, but also as an embalming agent. It was so highly treasured that it was considered more precious than gold. Around this time, cinnamon also received much attention in China, which is reflected in its mention in one of the earliest books on Chinese botanical medicine, dated around 2,700 B.C.

Cost: \$ 30 pp

Start Date: Saturday 18th July 2009 **Time:** 11am-2pm

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