

**ANTIOXIDANT PROPERTIES OF SPICES, HERBS AND
OTHER SOURCES**

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safe and effective antioxidants from natural sources. The beneficial influence of many foodstuffs and beverages including teas, fruits, vegetables, herbs, spices.

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The scientific world and modern society today is experiencing the dawning of an era of herbal medicine. Extensive research has shown that.

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Recently, much focus has Antioxidant Properties of Spices given to the involvement of active oxygen and free radicals in aging and in disease processes like heart disease, inflammation, arthritis, immune system impairment and cancer. Tea and its chemical compounds are regarded as natural antioxidants. Extensive research has shown that aromatic plants are important anti-inflammatory, antioxidant, anti aging and immune boosting delectable foods, with the magic and miracle to boost our immune system providing us with extended and an improved quality of life.

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