



## The Spice of Life!

Indian is Food with Benefits.

It's official. Many of the spices and ingredients that make Indian food taste so good are also good for you. Recent studies may prove what many have long believed: Indian food makes you feel good!

### **Makes you smile.**

Recent research shows that the complex spices with contrasting flavors make your brain release serotonin. After looking at a molecular breakdown of recipes, it is the unique interaction of contrasting flavors that makes Indian cuisine so satisfying. Curry is stimulating, arousing the senses. It is the stimulation that makes you "crave" Indian food. In a study, curry lovers could get a natural high just thinking about it! Feeling stressed? Go to your curry place!

### **Makes you hurt less and reduces swelling.**

Ginger and turmeric are both known for being anti-inflammatory. Physicians now prescribe the compound in turmeric to ease arthritis pain. Ginger is yummy good for your tummy, too.

### **Good for your mind.**

Some claim Indian spices are good for your mind, protecting you from dementia and from Alzheimer's, as well as relieving fear.

### **A “Cure for Cancer?”**

For a variety of reasons, including the spices and lots of veggies, the lower rates of cancer in India have led many to find out more. The curcumin in turmeric may block tumor growth.

### **Boosts Immunity and Fights Bacteria.**

Most curries contain turmeric, cumin, allspice, cardamom, ginger, garlic and capsicum - spices with strong antibacterial properties.

### **Good for your heart and your waistline!**

Healthy menu options have lots of vegetables and salads that are diet-friendly. The high fiber and the spices in some dishes can also make you feel full longer. The chili peppers may burn fat faster and are said to be good for the heart as it helps improve circulation.

### **Cinnamon for your blood sugar.**

According to Mayo Clinic, cinnamon might help with type 2 diabetes by increasing the action of insulin. It's also said to be better for heart health and might protect your brain, too!

### **So is Indian food the new “health food?”**

Well, we think it tastes a lot better than that! The definition of 'healthy' changes daily and depends on your own health needs. It also seems to be defined by what you shouldn't eat. So we won't make that kind of claim. Sure, there are menu options that are lower in fats or carbohydrates that you may choose. This is about the spices that make our food taste good and the new discoveries about their healing powers.

To get the most benefit, spices need to be fresh. Yes, like the ones at Tandur. Where else can you find fresh spices that are freshly roasted and ground?

**We believe that Better Spices Make Better Flavor and That's Better for Life.**

