



BONUS #4

TOP 3

ANTI-INFLAMMATORY HERBS & SPICES GUIDE

+ Featuring the Blue Zone
Healing Tea

LAURA CHACÓN

CEV Publishing LLC

30 N Gould St Ste R
Sheridan, WY 82801

© Copyright 2026. All rights reserved.

The content contained within this document may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly. You are responsible for your own choices, actions, and results.

Legal Notice:

This document is copyright protected. This document is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of the information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies.



Nature has provided us with powerful healing allies that have been used across cultures for centuries. While modern medicine often focuses on symptoms, these ancient plant medicines work with your body's innate wisdom to address the root causes of inflammation. The potent compounds in herbs and spices actively support your body's healing journey by influencing the very pathways that trigger or resolve inflammation.

As women, our bodies face unique inflammatory challenges tied to hormonal fluctuations, stress responses, and even societal expectations that can manifest physically. The healing properties of these herbs and spices offer gentle yet effective support specifically tailored to these needs.

Where pharmaceutical options might come with unwanted side effects, these plant allies work synergistically with your body's natural processes, supporting rather than overriding them. I've personally witnessed remarkable transformations when women incorporate these powerful anti-inflammatory herbs and spices into their daily routines. Beyond just physical relief, many report feeling reconnected to ancient wisdom and their

own healing intuition. After all, healing isn't solely about eliminating symptoms—it's about creating balance across all dimensions of your being: physical, emotional, and spiritual.

In this bonus section, we explore three of the most potent anti-inflammatory herbs and spices that deserve a permanent place in your healing kitchen. You'll discover what they are, as well as the perfect way to use them in your diet and life. So, let's dive in and add yet another dimension to your anti-inflammatory toolkit, empowering you with nature's most potent remedies for inflammation. Below are the three anti-inflammatory herbs and spices, as well as an exclusive anti-inflammatory tea recipe to help soothe digestion, reduce pain, and support relaxation.

Alongside these ingredients, I also want to share that the most powerful anti-inflammatory remedy—according to emerging research and traditional use—has been revealed in our book: *The Ancient Home Apothecary for Women*. If you're ready to take your healing journey even further, this book offers the perfect next step.

Top 3 Anti-Inflammatory Herbs & Spices

| Herb | Scientific Name | Description | How to/Perfect for |
|-----------------|----------------------------|--|--|
| Turmeric | <i>Curcuma longa</i> | A bright and vibrant yellow-orange spice derived from the underground stem of the <i>Curcuma longa</i> plant. Turmeric's active compound, curcumin, has powerful anti-inflammatory and antioxidant properties. | <ul style="list-style-type: none">● Use fresh turmeric root when possible (grated into teas or golden milk), or ground turmeric in curries, soups, and sauces.● Always pair with black pepper and a fat source (like olive oil or coconut milk) to enhance the absorption of curcumin.● Ideal in golden lattes, smoothies, broths, DIY wellness shots, or sprinkled into roasted veggies for immune and joint support. |
| Ginger | <i>Zingiber officinale</i> | Derived from the underground stem of the <i>Zingiber officinale</i> plant, ginger is known for its spicy, pungent, and zesty flavor. It supports digestion, eases nausea, and helps reduce inflammation thanks to its active compound, gingerol. | <ul style="list-style-type: none">● Use fresh grated ginger in teas, stir-fries, or marinades for maximum potency.● Dried ground ginger is best for baking, smoothies, or spice blends.● Pairs well with lemon and honey in warming teas for nausea, bloating, or joint discomfort. |

Top 3 Anti-Inflammatory Herbs & Spices

| Herb | Scientific Name | Description | How to/Perfect for |
|-----------------|-------------------------------|--|--|
| Rosemary | <i>Rosmarinus officinalis</i> | A fragrant evergreen herb from the mint family, known for its anti-inflammatory, antimicrobial, and cognitive-supportive benefits. | <ul style="list-style-type: none">● Use fresh rosemary sprigs for roasting vegetables, infusing olive oil, or steeping into herbal teas.● Dried rosemary works well in spice blends, soups, or grain dishes.● Great in homemade broths, marinades, and teas for brain clarity, digestion, and inflammation.● Also wonderful as an aromatherapeutic herb for mental clarity and stress relief. |

GOLDEN GLOW ANTI-INFLAMMATORY TEA

COSTA RICA BLUE ZONE APPROVED



Servings: 1 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian

Prep Time: 3 minutes **Steep Time:** 7 minutes **Total Time:** 10 minutes



Ingredients:

- 1 cup water
- 1 teaspoon freshly grated ginger
- ½ teaspoon ground turmeric (or 1 teaspoon fresh grated)
- * a pinch of black pepper (if tolerated)
- 1 sprig fresh rosemary (or ½ teaspoon dried)
- 1 Tablespoon lemon juice
- ½ teaspoon raw honey or maple syrup (optional)

Instructions:

1. In a small saucepan, bring 1 cup of water to a gentle boil.
2. Add ginger, turmeric, and rosemary. Reduce heat and let simmer for 5–7 minutes.
3. Remove from heat, strain into a mug, and stir in lemon juice and honey (if using).

Sip slowly and enjoy!

**Quick Tip:*

Add a pinch of black pepper before sipping to boost turmeric absorption and maximize its anti-inflammatory benefits! (*if tolerated*)