



THE POWER OF AYURVEDIC SPICES

Dr. Smitha Devi Chandran



Health
Secrets From
Ancient
India

Contents

Cinnamon

Ginger

Cardamom

Tumoric

Fenugreek

Clove

Mustard Seeds

Black Pepper

Cumin

Coriander



Imprint

Copyright bel Verlag 2020

eISBN 978-3-947159-55-0

Text: Dr. Smitha Devi Chandran

Pictures Copyright: Shutterstock

Layout: Karin Schweizer