

DIGESTIVE SPICE SYNERGIES

SANS SOUCI

(all digestive types)

mildly warming

According to Ayurvédā, these 5 "magical" spices help treat any digestive discomfort.
cumin, coriander, fennel, cardamom, ginger, turmeric, pink salt, Rapadura

VATA

(delicate, irregular digestion)

mildly warming

Helps to pacify bloating, gas, flatulence and irregular appetite.
cumin, fennel, ginger, cardamom, fenugreek, hing/asafetida, turmeric, pink salt, Rapadura

PITTA

(sharp digestion)

cooling

Calms acid reflux & indigestion, burning sensations and quick metabolism.
cumin, coriander, fennel, cardamom, turmeric, pink salt, Rapadura

KAPHA

(slow digestion)

heating

Relieves heaviness, reduces sleepiness after meals, and eliminates excess mucus.
cumin, ginger, fenugreek, cinnamon, cardamom, black pepper, turmeric,
hing/asafetida, pink salt, Rapadura

*These synergies can be tailor-made to your needs;
the salt and Rapadura sugar are optional and can be left out of the preparation.*

SPICE SYNERGIES : USER GUIDE

- ☼ directly in cooking (beans, grains, curries, soups, stir-fries, fish/meat)
 - ☼ on the table, sprinkled on food, just like salt and pepper
 - ☼ in sauces or vinaigrettes
- ☼ as a digestive-support drink: place 1/2 - 1 tsp in a small cup, cover with hot water and enjoy before, after or between meals
- ☼ added to porridge, cooked grains; sprinkled on buttered or ghee toast
 - ☼ mixed into yogurt to make a lassi (digestive yogurt)
- ☼ slip into your purse/backpack for meals & digestive support on the go