

There are many health benefits to various spices.

I have found some that are extremely interesting for my personal use.

I incorporated these into my daily diet, at breakfast.

I have links here that will be beneficial for further research if you wish to pursue it.

A power boosting breakfast recipe is attached.

Click on the links. See what these amazing compounds can do for you !

[CAYENNE](#) Do a search for Cayenne on this link. Hold down one of your Ctrl keys + Letter F key Type in *Cayenne* and then hit your enter key. The results may surprise you !

There are 9 links tracked on this page.

[DILL WEED](#) Bone loss prevention.
Rheumatoid arthritis protection

[OREGANO](#)
Anti-Bacterial & Potent Anti-Oxidant

[SAGE](#)
Some interesting twists are found on this spice.
Outstanding memory enhancer.

[TURMERIC](#) & Curry are sometimes listed together. Alzheimer's help & cancer inhibitor.

[SUMMER SQUASH](#) Very good health benefits.
Examples: Yellow Squash & Zucchini Squash

[BROCCOLI](#)

A wealth of protection & nutrients

[CURRY](#) & Turmeric are sometimes listed together. Alzheimer's help & cancer inhibitor.

[GINGER](#) A number of benefits with this one.

[ROSEMARY](#)
Multi benefits. Anti-inflammatory
Circulation help. Memory enhancer.

[THYME](#)
DHA Concentrations of docosahexaenoic acid, an omega-3 fatty acid increased in the brain, kidney and heart. Other benefits occur as well

[COCONUT OIL Part 1](#) ~ [COCONUT OIL Part 2 Dr. Oz](#)
The Lauric Acid in Coconut Oil
Can Kill Bacteria, Viruses and Fungi
It Helps to Stave Off Infections

[EGGS](#) Why should you not eat the whole egg?
Better way to say that is:
The whole egg is the way to go !

[RED ONIONS](#) Bone health, cancer protection.
The flavonoid antioxidant, quercetin provides anti-inflammatory benefits

Measure out a quarter cup of all of the spices above. Use a fork to stir them up vigorously.
Put them into a sealed container.

BREAKFAST RECIPE:**TOOLS**

Stove
Spatula, (nonstick)
9 or ten inch skillet
14 inch skillet
cutting board
sharp knife

INGREDIENTS:

Two large eggs
Yellow squash.
Zucchini.
Red onion
Broccoli florets (4 or 5 small)
Coconut oil

DIRECTIONS:

Turn two burners on medium heat.

Sprinkle drops of coconut oil into both skillets.

Get a small mixing bowl. (cup size)

Break two eggs, place them into a small mixing bowl.

Stir vigorously with a fork. Set aside

On the cutting board, cut a thick slice of red onion.

Dice it up. Set aside in a holding bowl.

Dice up four or five small Broccoli florets.

Set aside in a holding bowl.

Cut about five 1/4 inch slices from the yellow squash and zucchini squash.

Dice it up. Set aside in a holding bowl.

Have a pan of water heating up on the stove.

Have a teabag of [green tea](#) or [white tea](#) at the ready. Click on the links. [Why this is better !](#)

See what these amazing compounds can do for you !

Place all the diced vegetables into the small skillet. In a large skillet, pour the eggs into the middle.

Allow the eggs to cook, as a thin omelette. When this appears to be done, take the lightly cooked vegetables and slide them gently into the middle of the omelette.

Sprinkle 1 to 1 1/2 teaspoons of the spice mixture over the vegetables in the omelette.

With a large nonstick spatula, lift or fold, the omelette gently over the top of the other half.

Guiding the omelette with the spatula, slide it onto a large plate.

Yes, this recipe is slightly hot in the mouth. But remember the old saying, " No pain. No Gain"

Prepare your cup of tea and enjoy.

You can save money on your spice purchases by going to a restaurant sales outlet.

Usually the spices are sold in quart size plastic bottles. Really big savings over grocery stores.

One example of a restaurant sales outlet is [GFS](#) [GFS Locations](#) [Product varieties](#)

They do sell to the public. Their spice prices are very good.

[Some of their recipes](#)