



Centered Secrets  
Sales and Distribution

## NEWSLETTER NO. 11

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Dear Valued Customer

Some incredible information on Cardamom (Raw Decadence Spices and Herbs)

### 10 Incredible Benefits of Cardamom Tea

The top benefits of [cardamom tea](#) include detoxifying the body, optimizing [digestion](#), [healing](#) respiratory issues, improving [bad breath](#), easing menstrual symptoms, reducing [skin](#) irritation, preventing chronic diseases, boosting circulation, protecting hair health, aiding [weight loss](#), and lowering blood pressure, among others. The side effects of this popular tea are quite limited, and primarily affect those with [allergies](#) to this [herb](#), with [gallstone](#) problems and people taking certain medications. However, when prepared in moderation, also with permission from your doctor, this tea should be completely safe to consume.

### What is Cardamom Tea?

Cardamom tea is derived from the crushed [seeds](#) of various plants in the *Elettaria* and *Amomum* genera. Native to [India](#), but cultivated in many places around Asia and the rest of the world, cardamom seeds are contained within a seed pod and possess a very strong, aromatic flavor that can often dominate other [spices](#) in culinary applications. Even though it remains one of the most expensive spices in the world, but with an impressive range of active compounds and nutrients, the benefits it provides are well worth the price! These health benefits [come](#) from the high [concentrations](#) of eucalyptol, camphor, limonene, alpha-pinene, beta-pinene, and myrcene, as well as [vitamin A](#), B and C, [potassium](#), [iron](#), [magnesium](#), [copper](#), and [zinc](#).

### Benefits of Cardamom Tea

Drinking cardamom tea is beneficial for people suffering from high blood pressure, a weak immune system, halitosis, respiratory infections, iron deficiency, split ends, dandruff, obesity, [eczema](#), [psoriasis](#), inflammation, painful periods, indigestion, [constipation](#), and liver toxicity, as well as people at high risk for chronic diseases.

## **Skin**

Thanks to the antioxidants, [antimicrobial properties](#), [minerals](#), and [vitamins](#) contained in cardamom seeds, this tea is commonly used to improve symptoms of eczema, psoriasis, acne, irritation, and inflammation. The tea can be consumed normally, or even cooled and applied topically to these sensitive areas for quick relief. It will not only soothe inflammation but also stimulate the regrowth of new cells, and protect against infections and irritation in the future.

## **Heart Health**

If you suffer from hypertension, cardamom tea may be an excellent new ally in your fight for great [heart](#) health (Azimi P et al., 2014). The [high](#) level of potassium found in this popular herb is what makes it so effective for high blood pressure, as potassium is a vasodilator and can reduce the strain on your arteries and blood vessels, thus lowering your risk for [atherosclerosis](#), [heart](#) attack, and stroke.

## **Bad Breath**

[Halitosis](#) is a problem for many people, which can stem from bacteria in the mouth, as well as symptoms of indigestion in the gut. Cardamom seeds are sometimes chewed in order to eliminate bad breath as it has antimicrobial and antibacterial properties. Therefore cardamom seeds infused in cardamom tea make it a natural cure for bad breath.

## **Hair**

The antioxidant, antimicrobial, and anti-inflammatory properties of cardamom tea combine to significantly improve your hair health. It can strengthen your hair strands and boost their appearance, protect the scalp against dryness and inflammation, and prevent skin infections that can lead to [hair loss](#) and dandruff!

## **Circulation**

The stimulating activities of this tea make it excellent for circulation, as does the content of iron, which is essential for red blood cell production. With [more](#) red blood cells, oxygenation of the skin and other organ systems increases, which is an overall boost for health.

## **Anti-inflammatory Properties**

Traditionally, cardamom tea has been recommended for everything, from [arthritis](#) and [headaches](#) to injury recovery and chronic pain. There are analgesic and anti-inflammatory [properties](#) in cardamom tea, so whether you just had surgery or are suffering from an upset stomach, this tea can ease your pain. This is one of the reasons why so many women who suffer from painful periods turn to cardamom tea to ease discomfort and soothe cramps.

## Digestive Issues

There are powerful antimicrobial and anti-parasitic compounds released in cardamom tea that can help [regulate](#) your gut health, not only by eliminating parasites, but by also relieving [flatulence](#), indigestion, constipation, and [diarrhea](#).

## Detoxifying Power

Many people look at cardamom tea as a detoxifying agent that can stimulate liver function and promote the [release](#) of toxins from the body. This is also somewhat attributed to the diuretic nature of this tea, which increases urination and helps eliminate other unnecessary substances from the body.

## Anticancer Potential

With a diverse range of antioxidants and volatile compounds in the oils of cardamom seeds such as limonene and cineole, this tea can help reduce oxidative [stress](#) and neutralize free radicals within the body. [Studies](#) show that while the phytochemicals in cardamom have not been studied in great detail, limonene and cineole show promising effects against carcinogenesis (Acharya A. et al., 2010).

## Weight Loss

Many B-family vitamins are found in cardamom tea, which helps to stimulate the [metabolism](#) and helps the body work more efficiently, leading to higher levels of passive fat-burning and more energy, which can help people who are trying to lose weight!

## How Do You Make Cardamom Tea?

Making cardamom tea is quite easy, and cardamom pods are widely available around the world. All you need are cardamom seeds, hot water, [black tea](#), and [milk](#).

If you purchase dried cardamom pods, don't remove the seeds from the pod until you are ready to brew the tea, as they will lose their flavor and potency quite quickly. To brew the tea, open the pods and crush the seeds into a rough powder to release the oils and active components.

## Recipe

### *Ingredients:*

- 3 cardamom pods or 1/2 tablespoon of cardamom seeds (crushed)
- 2 cups of water (filtered)
- 2 tsp black tea leaves
- Milk (optional)

## Preparation

- Prepare 3 cardamom pods by opening them up and crushing the seeds inside. This will release the medicinal scented oils locked inside them.
- Begin by boiling 0.5 liters of water (about 2 cups of water).
- Remove water from the heat and add 2 tsp of black tea leaves, crushed cardamom seeds, and 1 tablespoon of milk (or as per taste).
- Reheat this blend until it [boils](#) and once it has reached the boiling point, remove from the heat immediately.
- Let rest for 5 minutes and then strain.

**Note:** Cardamom tea is usually made using black tea leaves, as it blends better with the milk and spices.

[Drink](#) and enjoy a tea that is both spicy and sweet, with citrus and floral notes. It is no wonder that cardamom is called the “Grains of Paradise”.

## Cardamom Tea Side Effects

There are very few side effects to drinking cardamom tea, but if you have certain allergies, medical conditions, or are taking various medications, you should be cautious before adding this beneficial tea to your health regimen. Speaking to your doctor and using this tea in moderation is always recommended.

- **Allergic Reactions** – Allergies to members of the *Elletaria* and *Amomum* genera are rare, but they do exist, so drinking this tea (particularly a potent brew) may result in stomach upset, nausea, vomiting, diarrhea, contact [dermatitis](#), shortness of breath, chest tightness, and inflammation of the lips, tongue and throat.
- **Pregnancy** – Due to the wide range of antioxidants and volatile compounds found in cardamom tea, it is not recommended for pregnant or [breastfeeding](#) women, as some of those potent components will be passed along to the fetus or infant.
- **Gallbladder Issues** – If you have gallstones, cardamom should only be used in small amounts, typically as a spice in [food](#), but [not](#) in a concentrated form, like tea. It can cause gallstone colic, which is a painful type of spasm.
- **Drug Interactions** – If you are taking medications like anti-depressants, anticoagulants, aspirin, gallstone medication or prescriptions for irritable bowel syndrome, be sure to consult your doctor before adding this healthy brew to your diet.

Please visit our website [www.centredsecrets.co.za](http://www.centredsecrets.co.za) Raw Decadence for more information.

Kind Regards



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