



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Cloves Can Help Improve Your Oral Health and Immune Function

Dr. Mercola | December 14th, 2017

What Are Cloves and Where Do They Come From?

Cloves are the dried flower buds of the *Syzygium aromaticum* tree, an evergreen that grows up to about 30 feet. Its name originates from the Latin word "clavus," which means "nail," because of the shaft and head that it closely resembles. *Syzygium aromaticum* trees usually grow in warm and humid climates, typically in Indonesia, Sri Lanka and Brazil. In the current trade of cloves, Tanzania leads the market, producing about 80 percent of the world's clove supply.

Like other spices, the story of how cloves were distributed throughout the world spans over hundreds of years, starting with the establishment of the trade routes. Together with pepper, cinnamon and hazelnut, cloves were among the spices that were highly sought-after in both Europe and the Americas, especially by noblemen. These four spices were known to be the "Big Four" because of their rarity and value.

In the Moluccas, or the Spice Islands, clove spice trees were used to represent the lives of each child born into a family, an important symbolism that reflected their children's survival. When the Portuguese and the Dutch learned of the existence of spices, they sought to control the monopoly of the trade. This led to the Dutch burning down clove trees to raise its price, which then triggered numerous wars and battles against the locals.

However, the high demand for the spice eventually died down once the spices were successfully cultivated in other parts of the world. While cloves are now easily available in the market and don't require the 1,000-mile journey to reach our shores, the spice remains as one of the most expensive spices in the world, placing fourth behind saffron, vanilla and cardamom. Because of its numerous health benefits and medicinal uses, it's a wise decision to invest in a small container of cloves to use for your food and in your home.

Gain These Clove Health Benefits the Flavorful Way

Cloves are used in the culinary world as a spice for different dishes and pastries. They add a sweet and earthy taste to desserts, stews and meats. But aside from their use in the culinary world, they can be utilized as a treatment for numerous conditions and ailments as well. Some of the health benefits you can get include:

- **Anti-inflammatory and antibacterial.** The high amounts of eugenol, a compound with both anti-inflammatory and antiviral properties, can help your body deal with infections and inflammation. Cloves also contain kaempferol and rhamnetin, flavonoids that share the same properties as eugenol.
- **Aids in treating colds.** As an expectorant, cloves can help reduce inflammation and expel mucus. They help reduce coughing fits by soothing the throat.
- **Boosts immune system function.** Cloves contain high amounts of antioxidants, which aid the immune system in fighting off oxidative damage and free radicals. Eugenol also has the ability to help ease infections and fight disease-causing bacteria in the body.
- **Treats oral diseases.** Aside from freshening your breath, cloves can help treat oral conditions like gingivitis and periodontitis. The antibacterial property of cloves helps minimize the spread of bacteria inside the mouth.
- **Promotes digestion.** Cloves promote the production of gastric acids, which help in better digestion of food. They

minimize indigestion and dyspepsia, as well as reduce gas pressure in the stomach, lessening discomfort.

Alternative Ways You Can Use Cloves

- **Acne buster.** Because of the eugenol found in cloves, cloves can be used to help prevent acne breakouts. You can make a mask with ground cloves, honey and a few drops of lemon juice. Keep it on your face for around 20 minutes and then rinse.
- **Mouthwash.** If you're tired of the chemical aftertaste that mouthwashes leave in your mouth, you can switch to cloves as an all-natural alternative. Cloves not only will freshen your breath, but will give you anti-inflammatory and antibacterial benefits as well. Natural clove mouthwashes usually consist of a mixture of equal amounts of water, cloves and other herbs like rosemary and mint.
- **Toothache remedy.** Clove oil can be used as a natural painkiller for toothaches. This is because of its natural anesthetic property that helps alleviate pain and discomfort that arise from cavities and other dental and gum problems.
- **Altitude sickness relief.** Mountaineers, climbers and other sportsmen usually suffer from altitude sickness because of the sudden change in atmospheric pressure. Taking 2 cups of a clove infusion can help relieve altitude sickness by thinning the blood and improving the oxygen supply to the brain.
- **Air freshener.** For a more natural and safer alternative to chemical-based fresheners, you can make your own all-natural air deodorizer with oranges and cloves. Boil orange peels with a few pieces of cloves in water and let it simmer. The scent will get rid of uninvited smells and pungent odors in your home.

Here Are Some Flavorful and Savory Cloves Recipes You Should Try

Clove and Cinnamon Tea

Ingredients

- 1 1/2 cups water
- 1 clove, crushed
- 1 pinch cinnamon
- 3/4 teaspoon tea leaves
- 1 teaspoon honey
- 1 teaspoon raw milk, optional

Cooking Directions

1. Boil water, cloves and cinnamon powder.
2. Cover the pot with a tight lid to retain flavors.
3. Boil for about two minutes.
4. Lower the heat and add the tea leaves.
5. Remove from heat and let stand for a few minutes or until it is drinkable.
6. Add the honey and milk. Serve.

World's Greatest Vegetable Broth

Ingredients

- 1 pound celery
- 1 1/2 pounds sweet onions
- 1 pound carrots, cut into 1-inch pieces
- 1 pound tomatoes, cored
- 1 pound green bell pepper, cut into 1-inch pieces
- 1/2 pound turnips, cubed
- 2 tablespoons coconut oil
- 3 cloves garlic
- 3 whole cloves
- 1 bay leaf
- 6 whole black peppercorns
- 1 bunch fresh parsley, chopped
- 1 gallon water

Procedure:

1. Preheat oven to 450 degrees Fahrenheit.
2. Remove leaves and tender inner parts of celery. Set aside.
3. Toss the onions, carrots, tomatoes, bell peppers and turnips with coconut oil. Place vegetables in a roasting pan and place them in the oven. Stir the vegetables every 15 minutes. Cook until all of the vegetables have browned and the onions start to caramelize. This takes about an hour.
4. Put the browned vegetables, celery, garlic, cloves, bay leaves, peppercorns, parsley and water into a stockpot. Bring to a full boil. Reduce the heat to simmer. Cook uncovered until liquid is reduced in half.
5. Pour the broth through a colander, catching the broth in a large bowl or pot. The broth can be used immediately in other dishes or frozen for future use.