



The Spice Trap

When Your Kitchen Cabinet Becomes a Pharmacy

We often view our spice racks as "*magic remedies*," but our obsession with natural cures is fueling a dangerous trend of *daily mega-doses*. It is also our inner desire for a magic remedy that we inadvertently try! Without proper warnings, what belongs on your plate as food can quickly transform into a poison.

The Golden Rule: The Dose Determines the Effect



Spices like turmeric and ginger are potent biological agents. While they offer incredible benefits like regulating glucose metabolism or reducing inflammation, crossing the line into "*mega-doses*" can trigger medical emergencies.

- Rampant usage of turmeric can cause renal stones
- Ginger can trigger gastritis and delayed clotting.

Turmeric lattes or Ginger coffees, don't overdo!



Red Flags: When to Exercise Extreme Caution

High doses of these common kitchen staples are not "**one size fits all.**" You must be especially careful if you fall into these categories:

- **Pregnancy:** High doses of turmeric, ginger, or Nigella Sativa can be risky.
- **Existing Conditions:** Those with **gallbladder issues**, bleeding disorders, or iron deficiencies should limit intake
- **Surgery & Transplants:** Garlic and Nigella Sativa can interfere with platelet function and organ transplant recovery.



Take Responsibility for Your Health

Don't let a "**health influencer's**" post lead you into a toxicity crisis.

- **Verify Authenticity:** Always check the source of "**miracle cure**" information.
- **Use Wisely:** Treat spices as flavor enhancers first, and medicinal supplements only under professional guidance.
- **Listen to Your Body:** Symptoms like nausea, dizziness, or stomach ache are often the first signs of spice-induced toxicity.



Safeguard your health: Know when a medicine turns into a poison.

For doubts and queries, please reach out:
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