



# *Herbs & Spices of Life*

## **Accelerate Cellular Cleaning Even Faster**



### **Main Manual**

***Todd Kuslikis***

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Main Manual

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**W**elcome to the Herbs & Spices of Life Manual!

In this special bonus section of the Total Transformation System, I'm going to reveal to you, for the first time ever, my secret ingredients for a clean, healthy body. This is the culmination of years and years of research and testing on my part, and now it's available for you to use at your leisure!

What I'm going to share today is the power of everyday herbs and spices that you can easily insert into your daily nutrition in order to give your cells a deep detoxification and leave your body feeling clean, healthy and energized.

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# How Do Herbs & Spices Clean the Body?

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**H**erbs and spices are not only great for adding new and delicious flavors to your food... they're packed full of health benefits. First of all, they're loaded with vitamins and minerals, such as:

- Vitamin C
- Vitamin A,
- Vitamin K,
- Iron
- Zinc
- Copper,
- Manganese
- Riboflavin
- Niacin
- Beta-carotene
- Folate (aka. folic acid)
- Magnesium
- Potassium
- Calcium

These vitamins and minerals all contain a tremendous of benefits. For example:

- Vitamin A aids both vision and skin

- Vitamin K keeps blood from clotting, promotes bone strength, and can help aid in the prevention of Alzheimer's
- Copper and manganese both prevent joint pain
- Niacin controls cholesterol levels<sup>1</sup>

From a broader perspective, here's how common herbs and spices can help accelerate cellular cleaning for your body:

**They ease digestion.** The aroma of herbs and spices makes your mouth water, which tells your stomach that food is coming. The enzymes in saliva trigger the digestive process, which breaks down fats and starches. It's important for this process to occur before food reaches the stomach; if it occurs afterward, the food won't be processed properly and digestive problems like bloating, constipation and diarrhea can occur.<sup>2</sup>

**They reduce cancer risk.** Certain herbs and spices contain phytochemicals that stimulate the immune system and can help reduce your risk of cancer. Cancer tumors are fed by a network of blood vessels, and spices like turmeric have properties can work against those cancer blood vessels and essentially choke them to death.<sup>3</sup>

**They contain antioxidants that prevent cell damage.** Herbs like rosemary are packed with antioxidants that prevent cell damage. Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged.<sup>4</sup>

**They boost energy.** Certain herbs and spices are loaded with energy-boosting effects. And the powerful antioxidants such as those in green tea can give you a youthful energy! In fact, many of today's energy supplements' active ingredient is Asian Ginseng, which is

<sup>1</sup> <http://www.getoffyouracid.com/the-8-most-powerful-herbs-to-detoxify-your-body/>

<sup>2</sup> <https://www.bbcgoodfood.com/howto/guide/healing-power-herbs>

<sup>3</sup> <https://www.everydayhealth.com/cancer-photos/herbs-and-spices-for-cancer-prevention.aspx#02>

<sup>4</sup> <https://www.webmd.com/healthy-aging/over-50-nutrition-17/spices-and-herbs-health-benefits>

known to improve energy levels.<sup>5</sup> In one study, mice who consumed garlic experienced positive effects on red blood cells, which provides the body with more oxygen. And more oxygen in the cells of the body means an increase in energy!<sup>6</sup>

**The reduce pain and inflammation.** Several herbs and spices chock-full of anti-inflammatory agents, and in particular can have a very positive effect on arthritis and osteoarthritis.<sup>7</sup> A 2010 clinical trial found that a turmeric supplement provided long-term improvement in pain and function with 100 patients suffering from osteoarthritis.<sup>8</sup> This leads to a significant decrease in joint pain throughout the body!

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<sup>5</sup> <https://naturalon.com/top-12-herbs-give-energy-day-long/view-all/>

<sup>6</sup> <https://www.ncbi.nlm.nih.gov/pubmed/21206920>

<sup>7</sup> <https://www.naturalstacks.com/blogs/news/anti-inflammatory-herbs>

<sup>8</sup> <https://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/turmeric.php>