20 Common Herbs and Spices Effect on Your Body, Your System

A GUIDE TO UNDERSTANDING HOW HERBS AND SPICES AFFECT TRANSPORT, CONVERSION AND STORAGE
DISCLAIMER

Content provided in this website is not a substitute for the advice and service of a qualified and licensed medical professional. Any health related information found herein is available as part of a general educational and commercial service for informational purposes only. Please note that this document does not provide answers to questions about treatment for diseases.

The content offered by this document is for educational purposes only. The statements, information and products found herein are not intended to diagnose, treat, cure or prevent any disease. The information found herein should not be considered as complete and should not be used in place of individualized care from a physician or other healthcare provider. Always consult your healthcare provider if you have any questions about a medical condition, or before changing your living practices or commencing or discontinuing any course of treatment. Never disregard professional medical advice because of something you read in this document.

The statements made herein have not been evaluated by the FDA (U.S. Food & Drug Administration).
# Table of Contents

1.0 INTRODUCTION .................................................................................................................. 4  
  1.1 BACKGROUND .................................................................................................................... 4  
  1.2 THE NATURAL SYSTEM STATE ....................................................................................... 5  
  1.3 LEGEND ............................................................................................................................ 7  
  1.4 How to cite this report ...................................................................................................... 30  

2.0 COMMON HERBS AND SPICES ......................................................................................... 9  
  2.1 Rosemary .......................................................................................................................... 10  
  2.2 Thyme .............................................................................................................................. 11  
  2.3 Oregano (Marjoram) ........................................................................................................ 12  
  2.4 Sage ................................................................................................................................ 13  
  2.5 Basil .................................................................................................................................. 14  
  2.6 Mint ................................................................................................................................... 15  
  2.7 Ginseng ............................................................................................................................ 16  
  2.8 Aloe Vera .......................................................................................................................... 17  
  2.9 Cilantro ............................................................................................................................. 18  
  2.10 Dill Weed ......................................................................................................................... 19  
  2.11 Turmeric .......................................................................................................................... 20  
  2.12 Cinnamon ......................................................................................................................... 21  
  2.13 Garlic ............................................................................................................................... 22  
  2.14 Cayenne/Paprika Pepper ................................................................................................. 23  
  2.15 Ginger .............................................................................................................................. 24  
  2.16 Cloves ................................................................................................................................ 25  
  2.17 Cumin ................................................................................................................................ 26  
  2.18 Cardamom ........................................................................................................................ 27  
  2.19 Fennel Seeds .................................................................................................................... 28  
  2.20 Black Peppercorns ......................................................................................................... 29  

3.0 Bibliography ......................................................................................................................... 31
1.0 INTRODUCTION

1.1 BACKGROUND

Your Body, Your System® is the technology platform invented by Dr. V.A. Shiva Ayyadurai, the inventor of email and polymath, who is a world-renowned systems scientist. The technology is based on Systems Health® — a consolidation of his findings from his research, across four decades, to unify the concepts of Eastern systems of medicine with Western systems theory. Systems Health, LLC (www.systemshealth.com) is an educational institute that provides training and certification courses on these unifying principles.

Your Body, Your System® technology takes you through a three step process for you to achieve a systems understanding of yourself. Why is this important? Because, this will result in your having a profound understanding of yourself and everything, from a universal systems approach, that has been tried and tested over 5,000 years from the sages of the East as well as from the modern science of systems theory in the West.

Systems Health®, a field of science, developed by Dr. V.A. Shiva Ayyadurai, provides a gateway to understand all systems be it your body, your system. Systems Health® provides us an important insight that every system has a “set point” or what we call in Systems Health® parlance, a Natural Systems State. Disturbances cause this Natural Systems State to be perturbed from its Natural Systems State to a “disturbed state.”
1.2 THE NATURAL SYSTEM STATE

Natural Systems State is the “natural” state at which your body as a system likes to operate at. The Natural Systems State is defined quantitatively as a set of three numbers and visually represented as the location of a “red dot” on a triangle. By answering a critical set of questions, you will get this visual display of what kind of system you are, relative to the forces of Transport, Conversion and Storage that are unique to YOU --- the goal or place your system likes to be at.

Figure 1: Representation of the Natural System State.
T – Transport, C – Conversion, S – Storage.

By answering a different set of questions, and incorporating other variables such as your current location (New York, Mumbai, Sydney, etc.), the current weather, Your Body, Your System® will
track how much you are off course from your goal --- the Natural Systems State. This position is tracked by a “black dot.” The location of that black dot relative to the red dot lets you know how much you are “off course” from your destination --- the red dot --- or your Natural Systems State, as shown in Figure 2.

Figure 2: The red dot represents an individual’s Natural System State and the black dot represents the “Current” System State. T – Transport, C – Conversion, S – Storage.
1.3 LEGEND

This document describes how the twenty (20) commonly used herbs and spices affect Transport, Conversion and Storage. The effect of each herb and spice on a particular force is represented by arrows and flat line in Section 2.0. The direction of arrows indicates whether the herb/spice increases, lowers or stabilizes Transport, Conversion and Storage.

Figures 3, 4 and 5 show examples of how to use the arrows to interpret whether an herb or spice increases, lowers or stabilizes Transport, Conversion and Storage.

Effect of an herb or a spice on the Transport can be indicated by different arrows, as shown in Figure 3. Upward arrow indicates that the ingredient increases Transport, downward arrow indicates that the ingredient lowers Transport, and flat arrow indicates that the ingredient stabilizes Transport.

![Figure 3](image)

**Figure 3:** Effect of an herb or spice on Transport. Arrow moving away from the center in Figure 3A indicates the ingredient increases Transport. Arrow moving towards the center in Figure 3B indicates the ingredient lowers Transport. Flat arrow in Figure 3C in indicates the ingredient stabilizes Transport.

Effect of an herb or a spice on the Conversion can be indicated by different arrows, as shown in Figure 4. Arrow pointing away from C indicates that the ingredient increases Conversion, arrow
pointing to C indicates that the ingredient lowers Conversion, and flat arrow indicates that the
ingredient stabilizes Conversion.

![Figure 4](image1)

**Figure 4**: Effect of an herb or spice on Conversion. Arrow moving away from the center in Figure 4A indicates the ingredient increases Conversion. Arrow moving towards the center in Figure 4B indicates the ingredient lowers Conversion. Flat arrow in Figure 4C indicates the ingredient stabilizes Conversion.

Effect of an herb or a spice on Storage can be indicated by different arrows, as shown in Figure 5. Arrow pointing away from S indicates that the ingredient increases in the Storage, arrow pointing to S indicates that the ingredient increases lowers of Storage, and flat arrow indicates that the ingredient stabilizes Storage.

![Figure 5](image2)

**Figure 5**: Effect of an herb or spice on Storage. Arrow moving away from the center in Figure 5A indicates the ingredient increases Storage. Arrow moving towards the center in Figure 5B indicates the ingredient lowers Storage. Flat arrow in Figure 5C indicates the ingredient stabilizes Storage.
2.0 COMMON HERBS AND SPICES

In this report, we have identified the top 20 herbs and spices that are commonly used in the daily diet. The herbs and spices are listed as follows:

1. Rosemary
2. Thyme
3. Oregano (Marjoram)
4. Sage
5. Basil
6. Mint
7. Ginseng
8. Aloe Vera
9. Cilantro
10. Dill Weed
11. Turmeric
12. Cinnamon
13. Garlic
14. Cayenne/Paprika Pepper
15. Ginger
16. Cloves
17. Cumin
18. Cardamom
19. Fennel Seeds
20. Black Peppercorn
2.1 Rosemary

Rosemary increases conversion, and lowers transport and storage.
2.2 Thyme

Thyme increases conversion, and lowers transport and storage.
2.3 Oregano (Marjoram)

Oregano increases conversion, and lowers transport and storage.
2.4 Sage

Sage increases transport and conversion, and lowers storage.
2.5 Basil

Basil increases conversion, and lowers transport and storage.
2.6 Mint

Mint increases transport, stabilizes conversion, and lowers storage.
2.7 Ginseng

Ginseng lowers storage, and increase transport and conversion.
2.8 Aloe Vera

Aloe vera stabilizes transport, conversion and storage.
2.9 Cilantro

Cilantro lowers transport, conversion and storage.
2.10 Dill Weed

Dill weed lowers transport, conversion and storage.
2.11 Turmeric

Turmeric stabilizes transport, conversion and storage.
2.12 Cinnamon

Cinnamon lowers transport and storage, and increases conversion.
2.13 Garlic

Garlic increase conversion, stabilizes transport and lowers storage.
2.14 Cayenne/Paprika Pepper

Cayenne/paprika pepper increases conversion, lowers transport and storage.
2.15 Ginger

Ginger (dry and fresh) lowers transport and storage. Dry ginger increases conversion whereas fresh ginger lowers conversion.
2.16 Cloves

Cloves increase conversion, lower transport and storage.
2.17 Cumin

Cumin increase conversion and, lowers transport and storage.
2.18 Cardamom

Cardamom lowers transport, conversion, and storage.
2.19 Fennel Seeds

Fennel seed lower transport, conversion, and storage.
2.20 Black Peppercorns

Black peppercorns lower transport and storage, and increase conversion.
How to cite this report:

3.0 Bibliography