



 **Homemade Method™**

SPICE GUIDE NATURALLY LOWER HBP



MESSAGE FROM OUR FOUNDER

Want to learn how to reverse high blood pressure, naturally...

... impress your Doctor... 🧐

and maybe even come off your BP medications? 🙌

Then our event “Blast High Blood Pressure Naturally with Dietitian Stephanie” is just what the doctor ordered.

And in this booklet, you'll find great ideas for various low-sodium spice combos to help you enjoy loads of flavor to help you reduce high blood pressure levels.

This is your chance to learn more about how you can naturally reduce high blood pressure...

Without sacrificing flavor!

Bonus: Mix up your own spice combos to use in your kitchen or share the love when you need a gift for the gal that already has everything. ❤️

warmly, Anna Rakoczy, Founder of the Homemade Method

xo Anna ²

SPICE GUIDE CHEAT SHEET

Asian Cuisine

Garlic, Ginger, Chilli Flakes, Sesame Oil, Soy Sauce, Green Onions.

Mexican Cuisine

Fresh Cilantro, Coriander Seeds, Cumin Seeds, Jalapeno, Garlic, Lime, Oregano.

Italian Cuisine

Basil, Bay Leaves, Garlic, Marjoram, Oregano, Parsley, Red Pepper, Rosemary.

Indian Cuisine

Coriander Seeds, Cumin Seeds, Curry Powder, Chile, Garlic, Ginger, Mustard Seeds, Turmeric, Cardamon.

French Cuisine

Bay Leaves, Black Pepper, Chives, Garlic, Marjoram, Parsley, Rosemary, Shallots, Tarragon, Thyme.

Greek Cuisine

Garlic, Lemon, Mint, Nutmeg, Olives, Oregano.

SPICE GUIDE CHEAT SHEET

Spanish Cuisine

Cumin Seeds, Garlic, Olives, Paprika, Parsley, Saffron.

German Cuisine

Allspice, Caraway Seeds, Dill Seeds, Dry Mustard Powder, Ginger, Mustard Seeds, Paprika, White Pepper, Cinnamon.

Spicy Heat Combo

White Pepper, Black Pepper, Cayenne Pepper, Basil, Garlic Powder, Thyme

Cajun

Smoked Paprika, White Pepper, Black Pepper, Onion Powder, Garlic Powder, Cayenne, Oregano, Thyme

BBQ

Garlic Powder, Onion Powder, Dry Mustard, Paprika, Chili Powder, Cayenne Pepper including vinegar and a touch of sweetness can make the flavors pop!

Thai

Paprika, Turmeric, Black Pepper, Coriander, Dry Mustard, Cumin, Ginger, Cayenne, Fenugreek - adding in peanuts and sriracha for extra kick!

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Asian Cuisine

Garlic, Ginger, Chili Flakes, Sesame Oil, Soy Sauce, Green Onions.

Asian cuisine, especially purchased out, can be high in sodium and contain other unfavorable ingredients like MSG. Sodium and MSG are linked to elevating blood pressure. Ginger can help reduce inflammation while promoting healthy blood flow. To make these dishes even lower in sodium, swap out the soy sauce for coconut aminos!

Mexican Cuisine

Fresh Cilantro, Coriander Seeds, Cumin Seeds, Jalapeno, Garlic, Lime, Oregano.

Cilantro and cumin are two spices that star in Mexican cuisine and give it's distinctive flavors. Along with oregano, they are chock full of antioxidants that help prevent damage at the cellular level. An important protection to keep vessels healthy!

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Italian Cuisine

Basil, Bay Leaves, Garlic, Marjoram, Oregano, Parsley, Red Pepper, Rosemary.

The beautiful green herbs like basil, bay leaves, marjoram, oregano, parsley and rosemary prevalent in Italian cuisine provide tons of blood pressure lowering potassium, a mineral that can help act like a diuretic to get rid of excess fluid. These herbs are also providing magnesium, a mineral that can increase nitric oxide. Nitric oxide is a compound that helps dilates vessels and a dilated or larger vessel can help reduce the pressure in your veins.

Indian Cuisine

Coriander Seeds, Cumin Seeds, Curry Powder, Chile, Garlic, Ginger, Mustard Seeds, Turmeric, Cardamon.

Notable seasonings in Indian cuisine - curry and turmeric are 2 spices that are helpful in reducing blood pressure. Turmeric can relax blood vessels, helping to lower blood pressure. Curry can boost blood flow immediately after a meal which in turns helps to increase circulation and improve blood vessel function.

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French Cuisine

Bay Leaves, Black Pepper, Chives, Garlic, Marjoram, Parsley, Rosemary, Shallots, Tarragon, Thyme.

Along with common blood pressure busting seasonings like garlic, parsley and rosemary, French cuisine includes 2 distinctive herbs - tarragon and thyme. Studies have shown that those consuming tarragon have lower systolic blood pressures. Thyme has antihypertensive effects in those with high blood pressure. It can help regulate blood pressure to normal and help keep to a normal range.

Greek Cuisine

Garlic, Lemon, Mint, Nutmeg, Olives, Oregano.

The distinctive Greek mix of lemon, garlic, and oregano is a powerhouse combination for blood pressure regulation. Lemon juice contains both calcium and potassium, 2 minerals responsible for regulating blood pressure. Garlic's compound, allicin, inhibits angiotensin, a hormone responsible for raising blood pressure by contracting vessels. This allows your blood to flow more freely and reduce pressure. Oregano contains caravol, a essential oil that has been shown in studies to be "hypotensive" or contribute to low blood pressure.

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Spanish Cuisine

Cumin Seeds, Garlic, Olives, Paprika, Parsley, Saffron.

Unlock the power of these Spanish spices to support healthy blood pressure! Cumin seeds are renowned for their ability to promote cardiovascular wellness. Enjoy paprika's warmth, which may aid in blood pressure management and regulation. And the unmistakable velvety feel of Saffron, a distinguishing Spanish spice, has the potential to support cardiovascular function.

German Cuisine

Allspice, Caraway Seeds, Dill Seeds, Dry Mustard Powder, Ginger, Mustard Seeds, Paprika, White Pepper, Cinnamon.

This intricate mix of spices is excellent in aiding blood pressure. Allspice, may help relax blood vessels and improved circulation. Caraway seeds, dill seeds, and mustard seeds not only provide an aromatic sensation but contain compounds that may assist in reducing blood pressure by promoting heart health and supporting arterial function. Dry mustard powder and paprika help dilate our vessels. This ability to dilate vessels helps them expand allowing for lower pressure. Round it all out with cinnamon, a spice with an ability to improve the function of blood vessels and increase insulin sensitivity, actions that can help keep your blood pressure under control.

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Spicy Heat Combo

White Pepper, Black Pepper, Cayenne Pepper, Basil, Garlic Powder, Thyme

The trio of peppers in this spicy mix help keep your blood pressure manageable by promoting improved circulation, containing compounds that help regulate blood pressure by enhancing blood vessel function and supports cardiovascular health by promoting blood vessel dilation and circulation. Like the other green herbs, Basil and Thyme contain antioxidants that support arterial health and reduce inflammation.

Cajun

Smoked Paprika, White Pepper, Black Pepper, Onion Powder, Garlic Powder, Cayenne, Oregano, Thyme

While similar to a spicy heat mix, Cajun flavors provide a zest all their own. Smoked Paprika can aid blood pressure regulation by promoting circulation. Onion and garlic powder will relax blood vessels and improve overall cardiovascular health. Oregano and Thyme are rich in antioxidants and minerals that may help lower blood pressure levels by supporting arteries and reducing inflammation.

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BBQ

Garlic Powder, Onion Powder, Dry Mustard, Paprika, Chili Powder, Cayenne Pepper, Apple Cider Vinegar

BBQ doesn't need to be salty to be flavorful. AND it provides tons of spices that will promote healthy blood pressure. Garlic and onion powders are renowned for their potential to lower blood pressure by relaxing blood vessels and improving cardiovascular health. Dry mustard can aid in blood pressure regulation by improving circulation and heart function while paprika and chili powder, with their potential to support cardiovascular health, adds a deeper layer of blood pressure benefits. Couple all of this with cayenne pepper, known for promoting blood vessel dilation and circulation and apple cider vinegar, which may play a role in keeping blood pressure low and this spicy combo can be a boost for blood pressure health!

Thai

Paprika, Turmeric, Black Pepper, Coriander, Dry Mustard, Cumin, Ginger, Cayenne, Fenugreek, Peanuts, Sriracha

The enhanced flavors of Thai food make this a cousin to Asian cuisine with the ability to stand alone in taste. Both paprika and turmeric provide the potential to promote heart health and regulate blood pressure. Coriander and dry mustard aid in blood pressure regulation by promoting improved circulation and heart function. The anti-inflammatory properties of cumin and ginger will support cardiovascular health. Peanuts contain both magnesium and potassium, important minerals in controlling blood pressure.

MEMBER LOVE

JULIE HAHN

"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



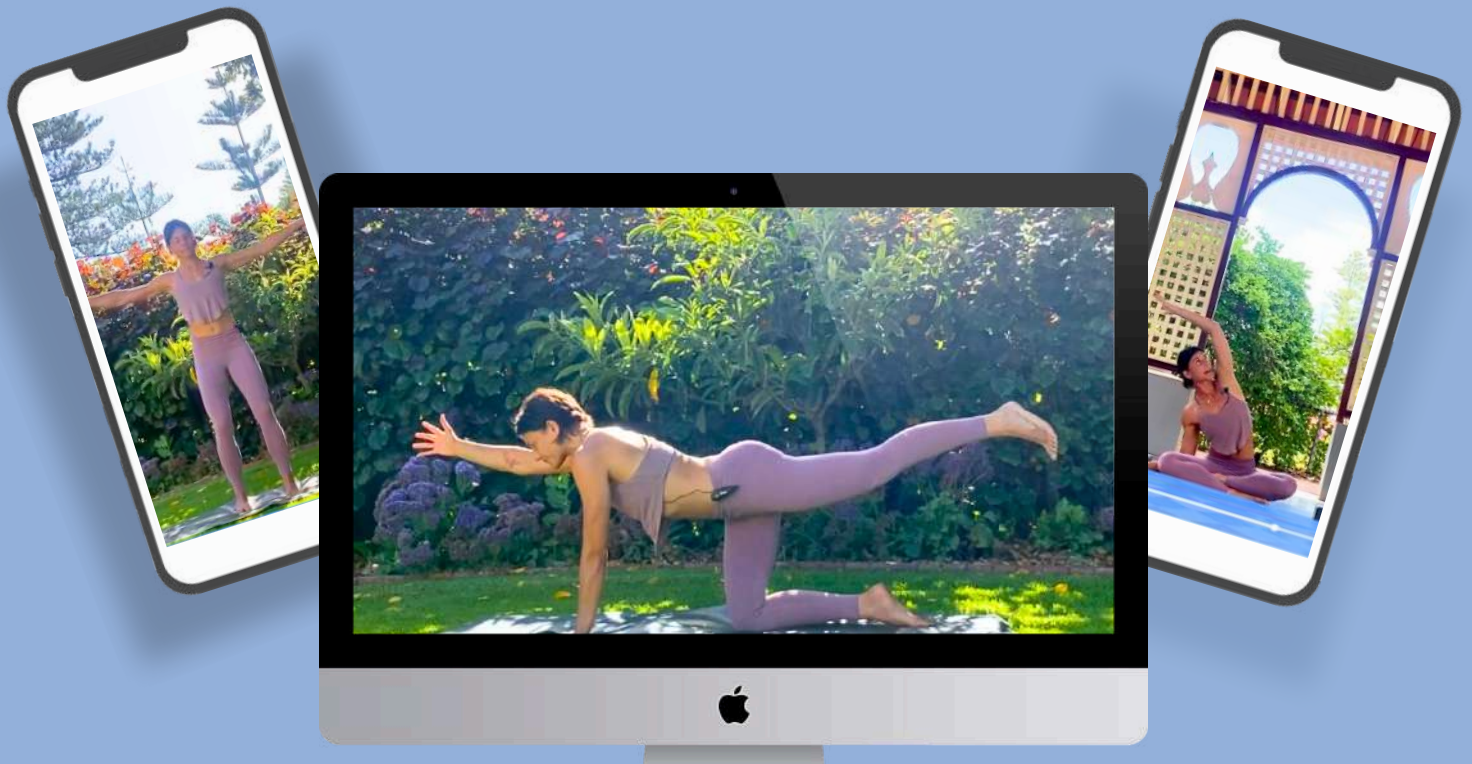
MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to **increase metabolism and build muscle mass** in women over 50...will **improve your results** compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping **70% off** our regular pricing. **The best bit:** Every workout can be done at home in **15 mins or less** :)



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YOU CAN GET A
HEALTHY,
ENERGETIC BODY
OVER 50 AND IT'S
EASIER THAN YOU
MIGHT THINK...

YOU JUST NEED
THE RESET
RESPONSE!

ANNA RAKOCZY, FOUNDER
OF THE HOMEMADE METHOD

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If you've got any questions, please reach out to our team at member@homemade-cooking.com.