

Healthy festive season

Across

2. Cinnamon can help protect us against (just one of the two diseases)

4. This spice can enhance breathing, assist with anxiety, treat cavities and other dental issues, and has been proven to have components that may help prevent cancer, in addition to containing antioxidants and protecting against chronic illnesses.

5. One of our most accessible anti-illness defences

6. Holiday dessert

9. This spice possesses anti-inflammatory effects, which aid in the body's battle against infections and tissue damage.

10. In addition to treating insomnia, it can also be used to improve mood.

Down

1. Improves liver health, blood sugar regulation, bone health, and stomach ulcer prevention.

3. As we enter the winter season, the time of year when we are most likely to experience

7. Star holiday spice

8. Gingerol is the main _____ compound in ginger

