

# Building Your Home Remedy Cabinet

Eight remedies worth keeping on hand, and how to store them well

A well-stocked remedy cabinet means reaching for what your family needs the moment it's needed, without a last-minute trip to the shop. Below are the herbs and spices worth keeping on hand year-round, and simple notes on what each one is good for.

## The Essentials Worth Stocking

- 1 Turmeric** — a warming root used for everyday inflammation and as a daily tonic stirred into warm milk or tea.
- 2 Ginger** — settles the stomach, eases nausea, and is the first reach for a chesty cold.
- 3 Garlic** — a kitchen staple that doubles as a traditional immune-supporting remedy, best taken raw or lightly crushed.
- 4 Moringa** — a nutrient-dense leaf powder for energy and general wellness, easy to stir into porridge or smoothies.
- 5 Fennel seed** — chewed after meals to ease bloating and support digestion.
- 6 Chamomile flowers** — a gentle evening tea for winding down and easing a restless mind.
- 7 Eucalyptus leaf or oil** — for steam inhalation during colds and congested chests.
- 8 Cinnamon** — supports healthy blood sugar balance and adds warmth to teas and porridge.

## How to Store What You Buy

Dried herbs and spices keep their potency far longer when stored well. Keep them in airtight glass jars, away from direct sunlight and heat — a cupboard shelf works better than a spot above the cooker. Whole spices (cinnamon sticks, whole turmeric) keep longer than ground ones, so grind only what you need for the week ahead. Most dried herbs stay potent for 12 to 18 months; label jars with the month you opened them so nothing lingers past its best.

## Building the Habit

You don't need to buy everything at once. Start with three or four remedies that match what your household reaches for most — a cold-season pair like ginger and eucalyptus, or a digestive pair like fennel and cumin — and build outward from there. A cabinet built slowly, with intention, is one you'll actually use.

*This guide is for general wellness information and traditional use only. It is not medical advice — please speak with a healthcare provider about any existing condition or medication before starting a new remedy.*