**Works cited**

Reese, Herbert. *Ancient Medicine*. New York: Culinary Press, 1999. This is a good source for information about the medicinal use of spices. In particular, see page 72.

Barnett, Janice. “Healing Herbs.” *Health Today* 2 (2004): 34. Another good source from a respected journal in the field. Barnett covers the use of herbs as modern medicine.