

#FYI

Is kaali jeera the health superfood you've been missing?

Kaali jeera, also known as black cumin or black seed, has been appreciated for its health benefits. Though used as a spice, it has been traditionally regarded as a natural aid for maintaining good health.

However, it must be acknowledged that even though kaali jeera comes with a lot of health benefits, it is not a complete substitute for any medical treatment.

One of the main health benefits of kaali jeera is its ability to support the



body's defence mechanism. It contains natural plant compounds that help the body fight inflammation, and protect cells from damage. This makes it valuable for people who wish to brace overall immunity through diet.

The use of kaali jeera is also known to aid with digestion. It can reduce bloating, gas, and mild stomach discomfort when used regularly in food. Older generations in South Asian countries, including Bangladesh, often added it to their daily meals, believing that it would keep their stomach light and active.

Another important use of this ingredient is in maintaining heart health. Taking in small but regular amounts help maintain stable

blood pressure and support acceptable cholesterol levels. The effects are linked to the natural oils in it, which helps with better blood circulation, reducing the chances of cardiovascular diseases.

In short, kaali jeera offers multiple health benefits when used regularly and in moderation. Its support for digestion,

immunity and heart health makes it more than just a spice. Reintroducing it into daily meals, as earlier generations once did, can be a simple step towards better long-term wellbeing.

By Sana Nawab
Photo: Collected



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