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## Thai Easy Cooking : Aromatic Dishes: Thai Herbs and Spices

*Veschaya Vanaputi*

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### THAI EASY COOKING AROMATIC DISHES



WITH THAI HERBS  
AND SPICES

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Thai food is tasty and provides high nutrition with medicinal values. Containing small amount of fat, it is widely

recognized as an ideal for healthy food. The ingredients require little meat whereas herbs and spices full of medicinal properties are welcomed. Garlic, for example, helps reduce blood pressure. Shallot eases cold symptoms. Chili stimulates blood circulation. Lemongrass relieves digestive disorders and increases urine flow. Galangal, meanwhile, eases gastrointestinal discomfort.

About the AuthorSkyRaiDer