

Friday Foodie Fun Facts: Fennel and Fenugreek

Description

Happy Halloween, weâ€™re celebrating Averyâ€™s first by trick-or-treating and saying we donâ€™t want anything but to say hi! Although today is Halloween and I should be posting something about how to avoid over-consumption of candy by your little ones as well as yourself, I wanted to share a post from my previous blog.



Ready to roll as a pumpkin! Original, I knowâ€¦!

Before I was a dad, I had another blog centered on healthy food called â€œJust Add Cayenneâ€•. Obviously, you can tell Iâ€™m a fan of spicy food, but despite the name, I shared a lot of healthy dessert recipes/ideas too. You can check it out by clicking on the â€œJust Add Cayenneâ€• page tab above and look around for a while.

Iâ€™m always interested in the health benefits of food and prefer to use it in place of traditional medicine whenever possible. For instance, I havenâ€™t taken something like ibuprofen or aspirin for aches and pains in years; I use cayenne (hence the blogâ€™s name) or ginger for their anti-inflammatory properties instead. I feel much better in doing so, and know Iâ€™m not [sabotaging my gut lining](#) or other insides as a result.

As Iâ€™ve mentioned many times before, Going Mom knows the importance of breastfeeding, and Iâ€™m extremely happy and proud that sheâ€™s giving Avery the best nutrition available. I mean, Natureâ€™s pretty damn good at knowing what we need, and no formula or rice cereal will ever replace it! Unless youâ€™re unable to for some reason, I see no good reason why you wouldnâ€™t breastfeed your children.

Lately, Kelley has been concerned about her production and weâ€™ve been looking for natural alternatives to give it a boost. Sheâ€™s been drinking [Traditional Medicinals Motherâ€™s Milk](#) herbal tea for a while now, but doesnâ€™t always have time to brew a cup of tea with her busy work schedule on top of needing to pump. So, now Iâ€™m trying to boost things by adding fenugreek to her meals and soon weâ€™ll have a fenugreek supplement to use too.

For the record, I think sheâ€™s doing fine and Avery doesnâ€™t seem to complain (besides when sheâ€™s just a fussy baby), but either way, as you will see, there are plenty of other benefits to using fenugreek as well. Below is my [original post from my old blog](#) which also includes fennel since itâ€™s another healthy addition to your meals. Plus, it made for a lot of â€œFâ€™sâ€• in my post title! I have two awesome foods for you to add to your meals to create functional flavors that boost nutrition. One powder from the licorice flavored vegetable, fennel, and the other from an herb, fenugreek. Both of these have very distinguishable flavors that stand out in dishes. For that reason, you have to be careful because too much could ruin a dish.

These are both new functional flavors Iâ€™ve started to add to my diet and hope to feel a difference after using for a while. Fennel and fenugreek are known for alleviating annoying digestive issues (what? we all have them!) along with several other ailments.

Hereâ€™s a sample of fennelâ€™s multiple health benefits, as listed on [Organicfacts.net](#):

The health benefits of **fennel** include relief from anemia, indigestion, **flatulence**, **constipation**, colic, **diarrhea**, respiratory disorders, menstrual disorders, eye care, etc. Fennel, bearing the scientific name *Foeniculum Vulgare* Miller, or its essence, is widely used around the world in mouth fresheners, toothpastes, desserts, antacids and in culinary.

Fennel is a diuretic, i.e. increases amount and frequency of urination, thereby helping removal of toxic substances from the body and helping in rheumatism, swelling etc. It also increases production and secretion of **milk** in lactating mothers and since this **milk** contains some properties of fennel, it is anti flatulent for the baby too. It strengthens hair, prevents hair fall, relaxes body, sharpens memory and has a marvelous cooling effect in summer if the pale greenish-yellow **water**, in which it is soaked, is taken with a bit of sugar and black-salt.

And no, I am not using it for production of milk in my breasts. Iâ€™m neither lactating nor a woman; the indigestion and stomach relief is what Iâ€™m after. *(Edit: And to boost Kelleyâ€™s milk supply too!)* Read the full benefits of fennel [here](#).

Fenugreekâ€™s health benefits, also listed on [Organicfacts.net](#), are:

The health benefits of **fenugreek** include relief from anemia, pregnancy pains, increasing lactation, digestion, loss of taste, **fever**, hair care, dandruff, stomach disorders, biliousness, respiratory disorders, mouth ulcers, sore throat, **diabetes**, inflammations, **wounds** and insomnia..

Most of these benefits of **fenugreek** are due to the presence of saponins and **fiber** in it. Fenugreek is also used for herbal healing. Its seeds contain a gumming substance called mucilage. Mixed with **water**, mucilage expands and becomes a gelatinous soother for irritated tissues.

Fenugreek is used to treat [wounds](#), inflammation and gastrointestinal ailments. Fenugreek helps in antioxidation. So, it prevents and repairs damages caused by free radicals. According to ayurvedic and Chinese medicine, fenugreek can be used for

inducing labour and aiding digestion. It is also good to improve metabolism and health. Irritated skin condition can be soothed by the external application of fenugreek. Fenugreek is also used for fevers and muscle aches.

Fenugreek is considered to be a safe herbal [food](#). It is also used as a spice and tastes oddly of bitter [celery](#) and maple syrup.

Read more of fennel's health benefits [here](#).

Hopefully I will share a successful outcome with Going Mom's production, but as you see, there are many other benefits to these foods and I recommend adding them whenever possible.

Have you ever used fennel or fenugreek?

Any moms out there that have tried boosting lactation naturally?

Do you have any new herbs or spices in your diet?

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