

Oddly, even though the researchers note that juniper is used as a spice in every region in which it grows (making it one of the top five cooking spices in the world), they did not search the literature for its antimicrobial activity. A correlation with its antimicrobial activity would place it in the top six or seven spices for antipathogenic activity.

### EFFECTIVENESS OF ANTIBACTERIAL SPICES

**Note:** The spices are listed in descending order of strength, according to findings of Cornell University research study.

**Kill 100 percent of bacteria:** garlic, onions, allspice, oregano

**Kill 90 to 75 percent of bacteria:** thyme, cinnamon, tarragon, cumin, cloves, lemongrass, bay leaf, capsicums, rosemary, marjoram, mustard

**Kill 72 to 50 percent of bacteria:** caraway, mint, sage, fennel, coriander, dill, nutmeg, basil, parsley

**Kill 48 to 25 percent of bacteria:** cardamom, pepper, ginger, anise seed, celery seed, lemon or lime juice