



NUTMEG

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Introduction:

Nutmeg grows on an evergreen tree with *Mystrica fragnans*. It is a native plant from Indonesia. It is delicate and slightly sweet spice that is largely used in cuisines around the globe.

Nutmeg is known to impact health in many ways because of its nutritive content of vitamins, minerals, and organic compounds related to the essential oils. These beneficial components include dietary fiber, manganese, thiamin, vitamin B6, folate, magnesium, copper, and macelignan.

The following are the health benefits of Nutmeg:

- Pain reliever
- Promotes digestive and brain health
- Detoxify the body
- Oral health (It kills bacteria that cause bad breath)
- Insomnia
- Leukemia
- Help lower blood pressure and circulation

The stimulating properties will certainly wake up dead skin cells and help those not-so-fine lines around your mouth fade. Nutmeg is known to have curative properties that heal

scars caused by everything from acne to sun spots. ... Nutmeg can also help out with dry skin, because it's extremely moisturizing and exfoliation.

Nutmeg is a popular spice that has a long list of associated health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify the body, boost skin health, alleviate oral conditions, reduce insomnia, increase immune system function, and prevent leukemia.

Purchasing and Storing Nutmeg

Store ground nutmeg in an air-tight container away from heat, light, and moisture. When stored properly, ground nutmeg will retain its freshness for approximately six months. Whole nutmeg will stay fresh indefinitely, but should always be stored away from heat and moisture. If your nutmeg use is only occasional, buying whole nutmeg is the best option because each time it is grated it will provide fresh, fragrant, and flavorful spice.

Nutmeg Cautions

In high doses, nutmeg has hallucinogenic properties and can be quite toxic. Although rare, a few deaths have been reported from nutmeg toxicity, usually in the case of accidental ingestion. The dose required to achieve these effects or potential danger far exceeds any culinary use and caution does not need to be taken when flavoring foods.