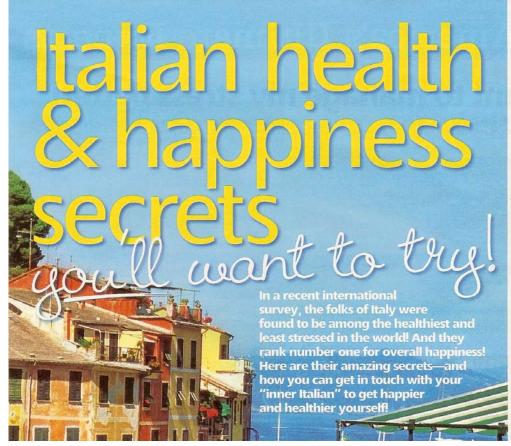
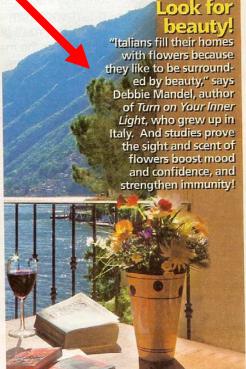
## Woman's World

01/04/2008







Spice up your life! Anyone who knows Italian food is familiar with spices like oregano, basil and thyme, and research shows they don't just make food taste better, they're also full of antioxidants that stave off aging and disease. In fact, in a study, oregano was found to have the highest antioxidant level of almost any other food source!

