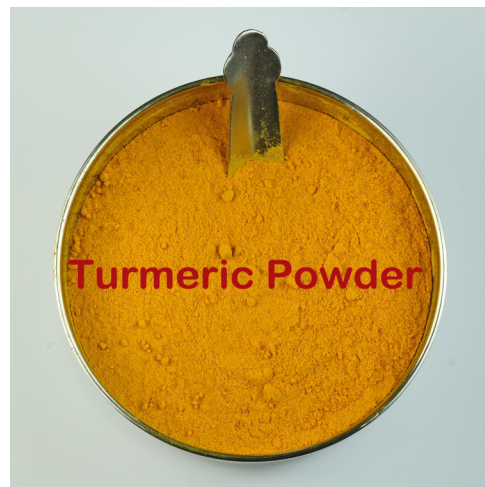


Turmeric

A Powerful Antioxidant

Reduces Pain
Protects the Liver
Controls Cancer Cells
Improves Circulation



Many people are unaware of the amazing benefits of turmeric, an herb not only available on the shelf of local natural products stores but likely right in your own kitchen cupboard! **Turmeric (*Curcuma longa*, *Indian saffron*)**, from the *Zingiberaceae* family, is often used as a fabric dye and cooking spice in dishes from India, Asia and the Middle East. It is native to tropical regions and identified by its natural active ingredient, *curcumin*, responsible for its deep orange-yellow color.



Reduces Pain: Turmeric's medicinal healing benefits mostly stem from its curcumin content, an extremely powerful antioxidant. Antioxidants protect the body from damaging 'free radicals', the molecules that are responsible for destroying the tissues in the body.

Acting as an anti-inflammatory in our bodies, curcumin lowers histamine production and blocks the action of the pro-inflammatory chemicals that the body releases as part of the natural inflammation process.

These pro-inflammatory chemicals our bodies release include the enzymes COX-1 and COX-2 and some of the inflammatory hormones known as prostaglandins. By inhibiting these hormone-like substances, curcumin helps to decrease inflammation (heat, redness and swelling) that causes pain.

These pro-inflammatory chemicals our bodies release include the enzymes COX-1 and COX-2 and some of the inflammatory hormones known as prostaglandins. By inhibiting these hormone-like substances, curcumin helps to decrease inflammation (heat, redness and swelling) that causes pain.

Protects the Liver: Turmeric is also known as a protector of the liver, which is the main organ responsible for ridding the body of toxins, pollutants and contaminants. The liver works to protect our bodies from unwanted damage by stimulating bile production and speeding up the important and ongoing process of detoxification. Turmeric has been shown in research and clinical studies to be useful in **improving circulation**, thinning the blood, protecting arteries from clots and controlling the spread of cancer cells.



In clinical studies turmeric's 'mechanism of action' has shown to be effective in the treatment of chronic pain, arthritis, irritable bowel syndrome (IBS), Alzheimer's disease, high cholesterol, coronary heart disease, diabetes, gallstones, circulatory and hepatic disorders.*

Parts of the plant used historically for medicinal purposes include its rhizomes (underground roots), which are dried and taken internally as a tea, powder, capsule or liquid extract. Turmeric root powder may be made into a paste and used as a topical antiseptic for wound healing and skin conditions such as eczema or psoriasis.*

Extracts of turmeric, standardized at 90 to 95% of its active ingredient curcumin, may be taken at 250 to 500 mgs 3 times, daily. Tinctures are recommended at 0.5-1.5 ml 3 times, daily. Turmeric is most often considered safe for adults but should be used with caution in high doses, as it may cause stomach upset if pregnant or nursing, for those with liver and gallbladder problems or taking anti-coagulant drugs.

There are a growing number of human clinical trials on the use of turmeric as an herbal remedy. This has fueled a growing acceptance for the use of turmeric as an alternative treatment to pharmaceutical drugs and a preventative plant medicinal for overall health and well-being.

* Information contained in this article is provided for informational and nutritional purposes only and is not a substitute for professional medical diagnosis and treatment.