

# TURMERIC

## TIPS

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### **IMPORTANT**

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### **Introduction**

Turmeric is a powerful healer and contains the active ingredient curcumin.

Turmeric has been used for over 2500 years in India, where it was thought to be first used as a dye.

Long known for its anti-inflammatory properties, the medicinal properties of turmeric have been causing interest in recent years. And recent research has revealed that turmeric is beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease.

Turmeric can be taken in powder or pill form; and it is typically available in pill form in most health stores - usually in 250-500 mg capsules.

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### **Health Benefits of Turmeric**

The health benefits of turmeric include:

- Because of its anti-inflammatory properties, turmeric is a natural treatment for arthritis and rheumatoid arthritis.
- Promising studies are underway on the positive effects of turmeric on pancreatic cancer.
- Studies are on-going in the positive effects of turmeric on multiple myeloma.
- Turmeric boosts the effects of chemotherapy drug "paclitaxel" and reduces its side effects.
- Turmeric has been shown to stop the growth of new blood vessels in tumours.
- Turmeric has long been used in Chinese medicine as a treatment for depression.

- Turmeric has shown promise in slowing the progression of multiple sclerosis in mice.
- Turmeric is a natural antiseptic and antibacterial agent, which is effective in disinfecting cuts and burns.
- Turmeric is a natural liver detoxifier.
- Turmeric is a natural painkiller and \*Cox-2 inhibitor.

(\*cox-2 inhibitors are newly developed drugs for inflammation that selectively block the cox-2 enzyme. Blocking this enzyme impedes the production of the chemical messengers (prostaglandins) that cause the pain and swelling of arthritis inflammation, etc.)

- Turmeric is a potent natural anti-inflammatory that works as well as many anti-inflammatory chemical drugs, but without the side effects.
- Turmeric may aid in fat metabolism and help in weight management.
- Turmeric may help in the treatment of psoriasis and other inflammatory skin conditions.
- Turmeric may prevent and slow the progression of Alzheimer's disease by removing amyloid plaque build-up in the brain.
- Turmeric may prevent melanoma, and it may cause existing melanoma cells to commit suicide.
- Turmeric may prevent metastases from occurring in many different forms of cancer.
- Turmeric prevented breast cancer from spreading to the lungs in mice.
- Turmeric reduces the risk of childhood leukaemia.
- Turmeric speeds up wound healing, and it assists in the remodelling of damaged skin.
- When combined with cauliflower, turmeric has shown to prevent prostate cancer and to stop the growth of existing prostate cancer.

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