

# TURMERIC

## What is Turmeric?

Turmeric powder, a bright yellow spice powder is made from dry Turmeric Rhizomes. Turmeric's main ingredient is 'curcumin' which exhibit a wide range of medicinal activities. It is useful for its colour, flavour, cosmetic and medicinal properties.

## The Benefits of Turmeric

- It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
- It is a **potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.**
- When combined with cauliflower, it has been shown to prevent prostate cancer and stop the growth of existing prostate cancer, prevented breast cancer from spreading to the lungs in mice, prevent melanoma and caused existing melanoma cells to commit suicide. It stops the growth of new blood vessels in tumours.
- May prevent metastases from occurring in many different forms of cancer.
- Reduces the risk of childhood leukemia.
- Is a natural liver detoxifier.
- May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
- Has shown promise in slowing the progression of multiple sclerosis in mice.
- Is a natural painkiller.
- May aid in fat metabolism and help in weight management.
- Has long been used in Chinese medicine as a treatment for depression.
- Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
- Boosts the effects of chemo drug paclitaxel and reduces its side effects.
- Promising studies are underway on the effects of turmeric on pancreatic cancer.
- Studies are ongoing in the positive effects of turmeric on multiple myeloma.
- Speeds up wound healing and assists in remodelling of damaged skin.
- May help in the treatment of psoriasis and other inflammatory skin conditions.

Take from ½ to 1 teaspoon daily. Take in water or juice, or take in any food. Turmeric should not be used by people with gallstones or bile obstruction.