

Turmeric

Tumeric is yellowish-orange in color and is popular in Indian curry dishes and yellow mustard; it originates from the *curcuma longa* plant which grows in Indonesia and southern India. It is known as turmeric.

Dr. David Frawley, founder and director of the American Institute for Vedic Studies in Santa Fe, New Mexico, says this of turmeric, "If I had only one single herb to depend upon for all possible health and dietary needs, I would without much hesitation choose the Indian spice Turmeric. There is little it cannot do in the realm of healing and much that no other herb is able to accomplish.

Turmeric has a broad spectrum of actions, mild but certain effects, and is beneficial for long term and daily usage. Though it is a common spice, few people, including herbalists know of its great value and are using it to the extent possible. It is an herb that one should get to know and live with."

How beneficial is turmeric? Following is a list of researched benefits:

Strengthens and improves digestion

Reduces gas and bloating

Assists in the digestion of protein and with rice and bean dishes

Improves your body's ability to digest fats

Promotes proper metabolism, correcting both excesses and deficiencies

Maintains and improves intestinal flora

Improves elimination of wastes and toxins

Supports healthy liver function and detox

Turmeric helps increase bile flow making it a liver cleanser that can rejuvenate your liver cells and recharge their capability to break down toxins

Helps to prevent alcohol and other toxins from being converted into compounds that may be harmful to your liver

Supports formation of healthy tissue

Purifies your blood

Stimulates formation of new blood tissue

Turmeric is a powerful anti-inflammatory. It contains curcuminoids, plant based nutrients which exhibit antioxidant properties. Curcuminoids are effective against cancer, arthritis, and Alzheimer's disease.

What makes turmeric such a powerful antioxidant, i.e. anti-inflammatory, is a substance called curcumin. Curcumin is the natural ingredient which gives turmeric its characteristic yellowish-orange color. It has been estimated that 100 grams of turmeric contains anywhere from three to five grams of curcumin.

In India where turmeric is used extensively, four types of cancer common in the United States is

10 times lower: breast, prostate, colon, and lung. Prostate cancer, which is the number one type of cancer in American men, is rare in India. Researchers partially attribute this to the large consumption of turmeric.

Turmeric supports liver, brain, and heart function. Professor Moolky Nagabhushan of the Loyola Medical Center located in Chicago, Illinois has been studying turmeric for the past 20 years. He thinks that turmeric can shield the body from dangerous environmental and in turn protect against the development against childhood leukemia.

Research reveals that turmeric may also provide protection against:

Cystic fibrosis

Type 2 diabetes

Crohn s disease

Psoriasis

Rheumatoid arthritis

Cataracts

Gallstones

Muscle regeneration

Inflammatory bowel disease

Some have pointed out that curry powder contains very little curcumin; so it is advised that you look for the turmeric spice itself. It can also be purchased as a supplement.