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## The Healing Power of Turmeric – 6 Benefits

Turmeric is a ginger-like plant that is native to the tropical regions of Asia. It's a staple in Indian and Thai diets, and it's the main spice used in curries.

The active ingredient of turmeric responsible for most of its health benefits is curcumin. Some people take extracted curcumin as a supplement.

The bioavailability of curcumin is greatly increased by a compound called piperine, which is found in black pepper. Therefore, when using turmeric as a medicine, make sure to pair it with black pepper. It is also fat soluble, so it's a good idea to get your turmeric from a curry dish or chase it with milk, avocados, olive oil or other fats. Heat may also increase the amount of curcuminoids you absorb.

Here are some of the amazing medicinal qualities of turmeric.

**Repairs damaged liver tissue.** Medical researchers in Thailand have demonstrated that turmeric repairs the damage to livers in diabetic lab rats. In this age of toxins, which appear in everything from tap water to cosmetics, all of us can use some liver repair. Turmeric also protects the liver and enhances its ability to filter out and remove toxins.

**Reduces inflammation.** Turmeric has been shown to work better than Advil, aspirin and other anti-inflammatory drugs. Inflammation is a condition that leads to many diseases. People with arthritis have found relief from turmeric, and so have people with Lyme Disease. The anti-inflammatory properties make it an effective treatment for chronic pain as well. One study showed that it can replace opioids in the treatment of burn victims.

**Prevents Alzheimer's and cognitive decline.** Some factors that contribute to Alzheimer's include oxidative stress, heavy metals, inflammatory reactions and free radicals. Curcumin tends to take care of these issues so that Alzheimer's becomes less likely.

**It's antibacterial, antiviral and antifungal.** Turmeric, used topically, can disinfect cuts and burns through its antiseptic properties. A study showed that turmeric in milk inhibited the spoiling of the milk. It also reduced fungal growth in bread.

**It acts as an anti-depressant.** Turmeric can be as effective, if not more effective, than Prozac in the treatment of depression. In a study called Efficacy and Safety in Major Depressive Disorder, there were three groups. There was a Prozac group, an oil-based curcumin group and another group using a combination of the two. The combo group did the best, and the Prozac and turmeric groups had a similar response. The advantage to turmeric is that the side effects are not as severe.

**It kills cancer cells.** Curcumin has been shown to kill various types of cancers. It may stop precancerous conditions so that they don't lead to cancer. It works best for skin, bowel, breast and stomach cancer. It

will kill existing cancer cells and prevent more from growing. Don't count on turmeric to cure or prevent cancer on its own. Just know that it couldn't hurt to add it to your diet.

There are some caveats when using turmeric. Too much of it can lead to diarrhea, bloating, heartburn and other issues. If you're pregnant, talk to a health professional before using it.

<http://nhsjs.com/2011/antibacterial-and-antifungal-properties-of-turmeric/>

<http://kellybroganmd.com/move-over-prozac-how-turmeric-helps-with-depression/>