

Improving Heart Health, Fighting Cancer and Four More Reasons Why You Should Use Turmeric

By: Julie Wilson, *Natural News*

Turmeric is one of nature's greatest gifts. Belonging to the ginger family, the ancient spice responsible for giving curry its yellow color is one of the most thoroughly researched plants in history. Experts suggest that turmeric may even have over **600** potential preventive and therapeutic applications and 175 distinct beneficial physiological effects.

Native to India, where culture incorporates this spice into nearly every dish, turmeric is used for both food and medicine. Containing several powerful compounds, one of them being curcumin, turmeric has been used to treat diabetes, inflammation, depression and many other ailments.

Studies have found that curcumin may help ward off heart attacks through its anti-inflammatory and antioxidant properties. In animal research studies, scientists have also observed curcumin cells killing cancer cells, shrinking tumors and enhancing the effects of chemotherapy.

Research has identified turmeric as being successful in treating some pretty serious medical conditions, many of which can be life-threatening.

Below are four more reasons why you should use turmeric.

Protects your brain

Aromatic turmerone, another important compound found in the ancient spice, has been linked to good brain health. A study recently published in the journal *Stem Cell Research and Therapy* suggests that turmeric may help the brain repair itself following an injury and can be useful in treating neurodegenerative diseases, as reported by *Natural News*.

That's some pretty powerful stuff. This means that stroke victims who frequently suffer long-term neurological damage could improve their brain health by using turmeric.

Delays diabetes

The results of a study conducted in 2012 showed that prediabetes patients prescribed curcumin supplements successfully delayed the onset of type 2 diabetes compared with prediabetic patients who took a placebo pill, according to *Counsel & Heal*.

Alleviates joint pain

Turmeric has been proven to replace a variety of pharmaceutical drugs, one of them being ibuprofen. Curcumin's anti-inflammatory properties work well against joint pain and are effective for treating arthritis.

In 2012, a study using curcumin to treat joint pain and swelling found that it was more effective than diclofenac, a nonsteroidal anti-inflammatory drug. Earlier studies suggest that turmeric may be useful for improving long-term pain and function in patients with knee osteoarthritis.

Treats indigestion, ulcers and irritable bowel syndrome

Research suggests that curcumin stimulates production of bile in the gall bladder, offering digestive aid and eliminating stomach discomfort, according to the University of Maryland. Turmeric may even be effective for treating heartburn, ulcers, Crohn's disease and irritable bowel syndrome.

The National Institutes of Health (NIH) recommends turmeric for treating headaches, bronchitis, colds, lung infections, fibromyalgia, fever, menstrual problems, water retention and kidney problems.

There are also reports of people applying the spice to their skin to eliminate pain, bruising, leech bites, eye infections, soreness in the mouth and infected wounds.

One great aspect of using turmeric is that it can be easily incorporated into your diet. If your goal is to maintain good health, you can simply sprinkle it on many dishes like salads, soups, rice, eggs, veggies and tea.

However, if you're trying to treat a more serious ailment and need high amounts of curcumin, taking a supplement is your best bet. Consuming curcumin supplements with black pepper containing piperine is helpful, as it aids in your body's absorption.

Turmeric extract can replace dozens of Big Pharma-made drugs

As reported earlier by *Natural News*, researchers with *GreenMedInfo* believe that turmeric could replace at least 14 pharmaceutical medications, including cholesterol drugs, steroids, antidepressants, blood thinners, anti-inflammatory meds and chemotherapy and diabetes drugs.

Scientists observed curcumin to be 500 to 100,000 times more potent than metformin, a commonly prescribed diabetes drug.

Additional sources:

<http://www.counselheal.com>

<http://www.thekitchn.com>

<http://www.arthritistoday.org>