Turmeric and its healing properties
You may have already heard about the many amazing healing properties of the spice turmeric, which is also sometimes referred to as curcumin. But did you know that literally thousands of published, peer-reviewed studies conducted and compiled over the years lend credence to the notion that turmeric works the same as, or even better than, at least 14 pharmaceutical drugs currently on the market?

It is true, and thanks to the diligent work of GreenMedInfo.com's Sayer Ji in compiling this valuable information, it is now available publicly for the benefit of your and your family's health. Many of the most commonly prevalent chronic illnesses, it turns out, can be prevented, treated, and even cured using turmeric, so you will want to pay attention. Here are seven drugs and classes of drugs that science shows can be effectively replaced with turmeric:

1) **Statin drugs for cholesterol.** Popular cholesterol drugs like Lipitor (atorvastatin calcium) and Crestor (rosuvastatin) are completely unnecessary when taking standardized doses of curcuminoids extracted from turmeric, according to a 2008 study published in the journal *Drugs in R & D*. Researchers found that in patients with endothelial dysfunction, the underlying blood vessel pathology that leads to atherosclerosis, turmeric extract worked at least as good as the drugs at reducing inflammation and relieving oxidative stress in type 2 diabetics.

2) **Corticosteroid drugs.** Millions of people receive steroid injections every year to treat the inflammation associated with conditions like arthritis and even cancer. But a 1999 study published in the journal *Phytotherapy Research* found that turmeric's primary antioxidant, curcumin, works just as well as steroid medications in the treatment of inflammatory eye disease. Several studies released in the years following found similar benefits for other inflammatory diseases commonly treated with steroids.

3) **Antidepressants.** Besides their copious side effects, antidepressant drugs like Prozac (fluoxetine) and Paxil (paroxetine) are extremely risky, as they can actually make depression symptoms worse for some people. But why even bother to use them when turmeric has been shown to effectively reduce depressive behavior the same or even better than these dangerous drugs?

4) **Blood thinners.** People at high risk of heart attack or stroke, or who require blood-thinning drugs to avoid these and other cardiovascular events, may simply be able to take turmeric instead. This suggestion is based on a 1986 study published in the journal *Arzneimittelforschung*, which found that curcumin has similar anti-platelet and prostacyclin modulating effects as aspirin, the blood-thinning drug of choice for many conventional doctors.

5) **Anti-inflammatory drugs.** Aspirin is also commonly prescribed for other inflammatory conditions, as is ibuprofen, naproxen sodium, and a number of other pain pills. But these may be unnecessary as turmeric was shown in a 2004 study published in the journal *Oncogene* to exert similar anti-inflammatory and anti-proliferative activity, particularly against cancer cells, as these drugs.
6) **Chemotherapy drugs.** The cancer industry would have us all believe that chemotherapy drugs are one of the few methods we have at our disposal to treat cancer. But a 2007 study published in the *International Journal of Cancer* found that curcumin works just as well as oxaliplatin (Eloxatin) at treating colorectal cancer.

7) **Diabetes drugs.** Not only is turmeric a viable contender in treating diabetes, a 2009 study published in the journal *Biochemistry and Biophysical Research Community* found that it works up to 100,000 times better than the popular diabetes drug Metformin at increasing glucose uptake. Turmeric also helps suppress glucose production in the liver at least as well as the most popular diabetes drugs on the market today.

Beyond this, turmeric is a powerful cancer-fighting herb as well, which Ji expounds upon further in his turmeric review. Be sure to check it out at:

http://www.greenmedinfo.com

Original article
http://www.naturalnews.com/041642_turmeric_curcumin_drug_alternatives.html

Why you should eat turmeric
BY Christina Larmer Freelance Journalist

There's more to turmeric than spicing up a curry. Research shows it has many benefits and may help ward off dementia and reduce your risk of cancer. If you're cooking a curry this evening, you might want to sprinkle in some extra turmeric. Research is showing what countries such as India and Sri Lanka have long known - that this yellow spice has more benefits than boosting food flavour. Used for more than 4000 years to treat a variety of ailments, curcumin - the active ingredient in turmeric - could potentially ward off dementia and prevent cancer.

According to the World Alzheimer's Report 2009, 3.6 per cent of South Asians over the age of 60 suffer from dementia, compared with 6.4 per cent of Australasians and 7.2 per cent of Western Europeans. Similarly, the World Health Organization says that cancer rates in India are considerably lower than those in more developed countries such as the US. But is it turmeric that's having this effect? Cancer researcher Ralph W. Moss believes so. He says turmeric is a natural anti-inflammatory, it inhibits the growth of new blood vessels in tumours and it's a powerful antioxidant. But before you start gulping it by the spoonful, Aloysa Hourigan, Nutrition Australia senior nutritionist, says it's not that simple. "Curcumin is just one antioxidant, and it might have some function, but I don't think there's one super thing that's going to fix everything.

Also, a lot of the studies have been done on animals and test tubes, so from a western medicine point of view the evidence is not strong enough. But it's been used in Chinese and Indian medicine for a long time, so it may well have some benefit." While more testing is needed, here are seven potential health reasons to start sprinkling away.

1. **Wards off Alzheimer's disease**

Researchers believe that curcumin's antioxidant and anti-inflammatory properties may be strong enough to break down the amyloid plaques in the brain that contribute to Alzheimer's disease. "If the blood vessels remain less clogged, then certain parts of the brain might be fed more easily with oxygen and that would keep the brain functioning better," explains Hourigan. The Alzheimer's Disease Research Center at the University of California is currently planning clinical human trials.
2. Helps to prevent cancer
In his book, The 150 Healthiest Foods On Earth (Fair Winds), nutritionist Jonny Bowden says there are at least 30 studies showing that curcumin may have an anti-tumour effect, "either reducing the number or size of tumours or the percentage of animals who developed them". While more human research is needed, he points to a 2006 study showing that curcumin inhibited the growth of human colon cancer. A New Jersey study found that, when combined with vegetables such as broccoli and cauliflower, it may help treat and prevent prostate cancer. There are also indications that it may help to prevent breast, skin and pancreatic cancer, childhood leukaemia and multiple myeloma. "While no-one is claiming that turmeric cures cancer, there is plenty of reason to believe it is a useful adjunct to a healthy diet," says Bowden.

3. Reduces the risk of heart attacks and strokes
Curcumin also has a positive effect on cholesterol, says Bowden, and animal studies have shown that it may help lower cholesterol and prevent the build-up of LDL ("bad" cholesterol) in the blood vessels. It could therefore stop the build-up of plaque (atherosclerosis) that can block arteries and cause heart attacks and strokes.

4. Combats inflammatory diseases
Turmeric's natural anti-inflammatory qualities mean it may work as well as some anti-inflammatory medications, without the side effects. Early research shows it may help with inflammation of the eye (uveitis), inflammatory bowel disease (ulcerative colitis) and multiple sclerosis. One study, using a formula which contained turmeric, showed it reduced the pain and disability associated with osteoarthritis, but it hasn't been studied on its own yet.

5. Fights colds and flu
Preliminary studies show that turmeric may help reduce the severity of bacterial and viral infections.

6. Helps indigestion and weight loss
Curcumin stimulates the gallbladder and produces bile. Because bile helps digest fat, experts believe this improves digestion and may help control weight. At least one study found it treats indigestion, reducing symptoms of bloating and gas.

7. Assists diabetes sufferers
Turmeric may improve glucose control or insulin activity; in animal research it was shown to cause blood sugar levels to drop. If you add turmeric to your diet, Hourigan suggests monitoring your blood sugars. When combined with diabetes medication, it may cause levels to drop too low, resulting in hypoglycaemia.

How do I take it?
Nutrition Australia says turmeric can easily be added to your diet. "We encourage people to use a range of herbs and spices as they're good sources of antioxidants, which may have protective effects for health," says Hourigan. Turmeric's roots and bulbs are generally boiled and dried to form powder. You can also grate it like ginger or take a supplement (powdered capsules, fluid extract or drops). Adults can take about one to three grams of the dried powdered root per day.

Original article
Health benefits of turmeric
Turmeric is a yellow, culinary spice widely used in Southeast Asia. The health benefits of turmeric are derived from curcumin, the substance in turmeric which also provides its yellow color. Curcumin has very powerful anti-inflammatory and antioxidant properties. The medical ingredients present create many turmeric health benefits.

Reduces Arthritis Pain
Turmeric’s anti-inflammatory traits make it as an excellent treatment for arthritis, be it osteoarthritis or just rheumatoid variety. Rheumatoid arthritics sufferers who regularly make use of turmeric noted a greatly reduced level of pain and inflammation around their joints. Further, turmeric’s antioxidant nature is also useful for eradicating free radicals within your body.

Fights Cancer
One of the most vital health benefits of turmeric is that the herb has been successful in preventing a variety of cancer strains. There is also evidence showing that the curcumin within turmeric can halt the advance of cancer cells or even outright destroying cancerous cells. This is likely attributed to the activate components within the substance, chiefly curcumin, which makes it an excellent preventative measure for radiation-based tumors. Further, turmeric has been shown to be quite effective at preventing T-cell leukemia and carcinomas of the breast and colon.

Improves Glucose Control
Turmeric has been shown to gauge insulin levels by improving glucose control, as well as augmenting the efficiency of any diabetic medications. Turmeric is also quite capable of reducing developmental resistance to insulin, which can halt the establishment of type 2 diabetes.

Prevents and Slows Alzheimer’s
Turmeric helps mental health by tearing down levels of plaque around the brain, and by extension of the cleared plaque, increasing the flow of oxygen to the brain. Furthermore, these very same properties can help stunt the process of degeneration in patients already dealing with the disease.

Treats Inflammatory Bowel Conditions
Turmeric is a useful treatment for many kinds of inflammatory bowel troubles, such as ulcerative colitis. However, it is important to note that turmeric should NOT be used for the treatment of individuals coping with gallbladder issues, as turmeric can worsen the problems inherent to such a condition.

Purifies your Liver
Turmeric can detoxify the blood via its enzymes, as well as increasing the body’s natural production level of these enzymes. These enzymes work by tearing down and shrinking the levels of toxins within the body. Further, the health benefits of turmeric include reinvigorating and enhancing the circulation of blood.

Improves Digestion
Turmeric’s phytochemicals assist the body’s production of bile. Bile works in the body by breaking down the fatty components of foods. Individuals seeking to lose weight or fight obesity should simply add a teaspoon of powdered turmeric to each meal. Turmeric should ideally be consumed raw, but sprinkling it into vegetables, dressing, curry, or onto meat is perfectly acceptable. Notably, Indian households keep a mixture of warm milk and turmeric on hand as a general medication.
Shrinks Cholesterol
In addition to its obvious applications in meals to reduce fat, turmeric can also reduce levels of serum cholesterol within a user’s body. Lower levels of cholesterol can also stall the development of cardiovascular problems, such as dyspepsia, heart attacks or angina.

Augments your Immune System
Lipopolysaccharide is one of the substances which contribute to the health benefits of turmeric. This particular substance alerts the various antibodies produced by the body’s immune system, preventing and speeding up the recovery from viruses, bacteria, and fungal hazards. A strong immune system greatly reduces the risk of catching a cold, cough, flu, or any other sort of health hazard.

Turmeric Dosage
Using turmeric supplements is a good way to ensure you get sufficient amounts of the herb everyday. To gain the many health benefits of turmeric, you want to use a turmeric dosage of around 500mg, 3 times daily. You need to take turmeric with some form of fat for it to be properly absorbed by your body. Some supplements are labelled curcumin. This is no different than a supplement labeled turmeric as turmeric is mostly curcumin.

Turmeric Side Effects
You should take your turmeric dosage with meals. Not doing so can result in light-headiness and nausea. If you still experience side effects while taking turmeric with meals you should lower your turmeric dosage or how frequently you take turmeric.

Original article
http://vitalhomerecmedies.com/health-benefits-of-turmeric/