

Turmeric:

Spice up your life



Turmeric has long been used for cooking and traditional medicine, but this relative of ginger with its vivid yellow orange colour has emerged as a highly popular natural supplement to promote health and wellbeing.

Turmeric gets its distinctive yellow colour from curcumin, which is also the active compound credited with most of turmeric's health benefits.

Studies have, however, shown that turmeric and its ingredient curcumin has a relatively low absorption rate: Most of the curcumin is absorbed directly into the lining of the liver and stomach wall as opposed to the bloodstream. This means it is critical to boost absorption by, for instance, cooking turmeric with oil. Doing this could help your body absorb more curcumin, since it is more easily absorbed by the gut when curcumin binds with fat.

BENEFITS OF TURMERIC



Combating the effects of inflammation

Curcumin is known to have anti-inflammatory properties and is regarded as a potentially effective treatment for inflammatory conditions such as arthritis, providing relief from aggravated joints. The Arthritis Foundation suggests taking turmeric capsules of 400 mg to 600 mg up to three times per day for relief of inflammation.

A potent antioxidant

Free radicals (highly reactive molecules) can cause oxidative damage – thought to be one of the mechanisms behind ageing and numerous diseases. Curcumin is a powerful antioxidant that can neutralise free radicals by both blocking them and stimulating your body's own antioxidant defenses.

Helping maintain good brain health

The brain hormone BDNF (brain-derived neurotrophic factor) is a main driver of the brain that is able to increase its number of neurons. A decrease in BDNF has been linked to brain disorders such as Alzheimer's disease. Curcumin can increase the brain's levels of BDNF and may be able to assist in reversing some brain diseases and age-related decreases in brain function.

A healthier heart

Curcumin can help improve the function of the lining of your blood vessels, called the endothelium, which play an important role in regulating blood pressure and blood clotting. In addition, curcumin reduces inflammation and oxidation, both of which contribute to heart disease.

Improved mental wellness

Curcumin has shown some promise as an antidepressant, with one controlled trial revealing curcumin resulting in improvements similar to antidepressant drugs. Depression has also been linked to a lack of BDNF. As we have seen above, curcumin can assist in increasing BDNF levels in the brain, thereby helping to combat depression.



There is also some evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine. Dopamine plays an important part in your brain's reward system and is linked to pleasurable sensations, as well as learning, memory, and motor system functions. Serotonin helps to regulate your mood, along with sleep, memory, appetite, and digestion.

Potential benefits of regularly consuming turmeric

- **Supports skin health.** Turmeric's anti-inflammatory, antimicrobial and antioxidant properties make it potentially useful to complement existing treatments for skin conditions such as acne, psoriasis and eczema.
- **Takes the sting out of hay fever.** Curcumin appears to reduce hay fever symptoms such as sneezing, a runny nose and nasal congestion.
- **Relieves itching.** Research suggests that taking turmeric orally three times daily for eight weeks can be effective in reducing itching in people with long-term kidney disease.



Make your own ginger- turmeric smoothie

**for stronger immunity
and weight loss**

Ingredients:

- 1 pinch of turmeric
- 2,5 cm ginger root
- 1 glass of milk
- Half a cup of banana
- 1 tsp cinnamon powder



1. Take a blender, add all the ingredients and blend until you get a smooth consistency.
2. If you think it requires a tinge of sweetness, add a teaspoon of honey in the mix.

Sources:

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