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Turmeric: Indian Gold

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What is Turmeric?

• Grown throughout India, other parts of Asia, and Africa, <u>Turmeric is a shrub</u> <u>related to ginger</u>. Turmeric has a warm, bitter taste, golden color, and is commonly used in fabric dyes and foods such as curry powders, mustards, and cheeses.

Curcumin: Turmeric's Secret Weapon

- Curcumin anti-inflammatory properties have <u>shown hope for Alzheimer's Disease</u> and <u>may also help lower cholesterol</u>, maintain <u>liver health</u> and <u>prostate health</u>, blood vessel health in <u>postmenopausal women</u>, and <u>pancreas health</u>.
- Most recently, <u>curcumin may help protect against head and neck cancers</u>.

How Does Turmeric Elicit These Healthful Effects?

- <u>Research</u> has shown that curcumin decreases activity of inflammatory proteins that include <u>NFKB</u>, <u>COX-2</u>, <u>5-lipoxygenase</u>, <u>tumor necrosis factor</u>, <u>interleukin 1</u> and <u>interleukin 6</u>.
- This has raised a lot of hope that <u>turmeric can help protect against chronic disease</u>.

Where Can I Get Turmeric?

• You can get it in any supermarket but <u>buy organic turmeric</u> to <u>avoid dangerous</u> <u>pesticides</u>.

Questions About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!

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