

# HEALTH BENEFITS 10 TURMERIC



## 1. Natural Pain Reliever

Turmeric has a special chemical compound called *curcuminoids* that are some of nature's most powerful antioxidants. The supplement called *curcumin* is a more potent pain reliever because they have extracted the curcuminoids and made them into a supplement.

## 2. Can Help Lower Risk of Cancer

Inflammation has been known to be the beginning stages that can cause cancer and because turmeric is such a strong anti-inflammatory agent, it can really help reduce the risk of cancer.

## 3. One of Nature's Strongest Anti-Inflammatory Plants

Studies are showing curcumin to be as effective as pharmaceutical drugs that are marketed as anti-inflammatory remedies. The added benefit is that there will not be harmful side effects to consuming turmeric as other drugs that are non-organic compounds.

## 4. Strengthens The Immune System

Besides causing aging, free radicals that are present with inflammation weaken your body's first defense, the immune system. People are now taking curcumin and cooking with turmeric to bolster the immune system so their body can fight off colds and flus.

## 5. Improves Cognitive Function

Believe it or not, turmeric has been found to help reduce and prevent Alzheimer's. Scientists have found that the brain needs a growth hormone to function properly and turmeric can help to increase the level of this hormone which will keep Alzheimer's away.

## 6. Helps Boost Mood

Turmeric has been shown in scientific studies to have as powerful of an effect as Prozac in treating depression. The reason that turmeric helps boost the mood so much is that it releases the hormones in the brain that makes us feel good.

## 7. Lowers Risk of Heart Disease

Turmeric is a root that allows the blood to flow better by improving the health of the blood vessels. Essentially, the root will help the lining of the blood vessels and this can reduce heart attacks, blood clots, and other heart diseases. This supplement is also a great way to help lower high blood pressure and reduce hypertension.

## 8. Helps Keep The Memory Sharp

Curcumin supplements will be more powerful than turmeric alone for helping your memory because it is a more potent anti-inflammatory agent. Even the plaque that builds up causing Alzheimer's is broken down by curcumins. There are studies that now show curcumins help prevent Alzheimer's.

## 9. Helps Reduce and Prevent Arthritis

An alkaline diet can help to lower your inflammation and turmeric is a great way to bolster that diet. Turmeric, like ginger, is a healing root that will help calm the inflammation that causes joint pain.

## 10. Anti-Aging

Turmeric can help you stay looking young and feeling young, too! Not that looks matter as much as what's on the inside, but if you look healthy then chances are you're going to be healthy on the inside and have great energy levels as well.

