

## TURMERIC – MAGIC SPICE

Turmeric (Haldi) is a bright yellow spice commonly used in cooking and gives curry its flavor and yellow color.

It is also used to treat a wide variety of health conditions. Studies show that turmeric may help fight infections, reduce inflammation and treat digestive problems.

Research highlights the following health benefits of Turmeric:

### ANTIOXIDANT, ANTI INFLAMMATORY AGENT

Turmeric works as a powerful antioxidant and helps prevent or delay some types of cell damage. It is known to have powerful anti-inflammatory properties and aid in wound healing.

### INDIGESTION

Curcumin (the active substance in turmeric) stimulates the gallbladder to produce bile, which aids in digestion of fats. Turmeric reduces symptoms of bloating and gas in people suffering from indigestion.

### ULCERATIVE COLITIS

Ulcerative colitis is a disorder in which ulcers and inflammation develops within the intestine. Symptoms of this disease tend to come and go. It has been observed that patients who consume curcumin along with conventional medicine have a significantly lower relapse rate.

### NEURO HEALTH BENEFITS

Tumeric's powerful antioxidant, anti-inflammatory and circulatory effects may help prevent and manage neurodegenerative diseases including Alzheimer's, Parkinson's, Multiple Sclerosis and other conditions.

### GOOD FOR HEART

Turmeric may reduce the build-up of plaque that can block arteries and lead to a heart attack or stroke. Because it stops platelets from clumping together, turmeric may also prevent blood clots from building up along the walls of the arteries.

### DIABETES

Research has shown positive effects of Turmeric on blood sugar control in clinical trials however, when combined with certain medications turmeric may cause hypoglycemia (low blood sugar).



References:

<http://umm.edu/health/medical/altmed/herb/turmeric>

