HEALTHY TIPS

Natural Remedies: Turmeric's & Curcumin's Scientifically-Proven Healing Properties

By bestfolkmedicine · 17/02/2019 · 2 min read



Turmeric is a tasty and potent spice with antimicrobial, antioxidant, and anti-aging capacity. Its active ingredient, curcumin, is the "culprit" for all of its astonishing medicinal power.

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According to research, curcumin has the ability to lower inflammation, better the health of the heart, cleanse the body from toxins, improve the digestion, and can help with weight loss.

Often times, people use this spice for topical application to better the skin quality and alleviate numerous different skin problems. Therefore, make sure you add it to meals as often as you can to reap its numerous healing benefits.

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The Amazing Health Benefits of Turmeric

- **Possesses anti-inflammatory properties**

Curcumin is an amazing natural way to help the body fight off inflammation. This is crucial if we take into account that chronic inflammation has been linked with Alzheimer's, diabetes, cancer, and heart disease. Curcumin works by fighting off the inflammation-causing molecules. Research points out that curcumin may be as potent as ibuprofen and aspirin.

- **Relieves pain**

Thanks to its anti-inflammatory capacity, turmeric can help you fight off pain naturally. It was found to be helpful in reducing acute and chronic pain. It can also be of aid for post-operative pain. What's more, it may be a natural way to lower pain in people diagnosed with type 2 diabetes.

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- **Alleviates joint ache associated with arthritis**

Arthritis sufferers are advised to take curcumin supplements on a regular basis to reduce inflammation and joint ache. Why is turmeric so potent for arthritis patients? Because it possesses anti-inflammatory power and can lower the inflammation and joint ache. You get a similar effect as that from medications, but without the unwanted side effects.

- **Improves the cardiovascular health**

According to a research from the International Journal of Cardiology, curcumin can protect you from heart disease. This is because it has the ability to avert clogging, balance the heartbeat, and lower the negative effect of inflammation on the heart.

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- **It balances the blood pressure**

Turmeric, taken together with black pepper (for optimal absorption) is an amazing way to balance the blood pressure and decrease your stroke risk. Scientific findings point out that curcumin in turmeric suppresses the work of specific proteins associated with hypertension.

- **Balances the cholesterol**

In an analysis of seven studies with more than six hundred patients, it was discovered that turmeric had the power to decrease the LDL cholesterol, i.e. bad cholesterol which can lead to heart disease when present in excessive amounts. Some studies suggest that curcumin supplements with between 600 mg and 1500 mg curcuminoids can be beneficial in bettering the cardiovascular health.

- **Good for the brain**

If you want to boost your brain function and memory, consume more turmeric. This is because curcumin and turmeric have neuroprotective abilities, i.e. more than 10 such actions. They can help lower the negative impact of oxidative stress and inflammation on the brain. Studies have also discovered that curcumin can keep your brain safe from aging, trauma, and degenerative neurological illnesses.

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