PLANTS & HERBS

What A Pinch Of Turmeric Everyday Can Do For The Brain And Memory

By bestfolkmedicine · 07/02/2019 · 2 min read



Turmeric is a commonly used culinary ingredient, especially in Asian cuisine. It has a specific yellow color enabled by its ingredient, i.e. curcumin. According to experimental studies, curcumin is a potent substance with a long list of health benefits, including the capacity to lower the chance for dementia.

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Taking into account the aging population in the world and the higher chance of diabetes and consequently for dementia, it is beneficial to know that turmeric can help us keep our brain in a good shape.

What Were the Study's Findings?

The study done in 2014 found that only one gram of turmeric combined with breakfast enhanced the memory in people with early diabetes stages and a higher risk of cognitive problems.

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According to the Emeritus Professor Mark Wahlqvist from the Monash Asia Institute at Monash University, early intervention can be highly advantageous in lowering the burden by stopping the illness or reducing its negative influence on one's health and well-being.

Wahlqvist also led a study in Taiwan which assessed the working memory of women and men at the age of 60 or older who were diagnosed with pre-diabetes. Our working memory is one of the pivotal mental faculties for cognitive capacities like problem-solving, reasoning, and planning. Assessing the working memory is a beneficial way to test the cognition and to predict cognitive impairment and dementia.

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The 2014 study was a placebo-controlled one and the participants were given a gram of turmeric with breakfast. Their working memory was tested prior to and after the meals. It was concluded that this addition to the participants' breakfast bettered their working memory over six hours.

The Healing Power of Curcumin

- ***Boosts the working memory and induces relaxation***
- ***It is good for the cardiovascular health and reduces physical tiredness***
- ***It can elevate the levels of BDNF, a hormone in the brain which betters the neuron functioning***
- ***It can go through the blood-brain barriers and clean the buildup of amyloid-beta, a protein associated with Alzheimer's***

Even though memory issues are common as we age, they are not something we cannot avoid. So, if you happen to struggle with memory, it is important to act timely because it increases the chances for a successful outcome.

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A healthy brain helps us keep our focus, memory, and mood sharp, especially as we age. Remember, we cannot avoid getting older, but aging is voluntary.

Sources:

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