DRINKS & SMOOTHIES

Homemade Turmeric Juice: Fights Off Inflammation & Cancer!

By bestfolkmedicine · 18/03/2019 · 2 min read



Did you know that turmeric juice does not just taste great and refreshes the whole body, but it is also a healthy and nutritious drink that can help you improve your overall health? Turmeric is a plant which is commonly used as a spice in Indian and Asian cuisine, but in other cuisines too.

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In addition to improving and enriching the taste of numerous dishes, turmeric is also known for its powerful healing properties. Believe it or not, it contains more than 300 antioxidants as well as other

nutrients that are beneficial for the health.

In addition to powdered turmeric, we have homemade turmeric juice which is very popular today. This is an easy and tasty way to reap turmeric's benefits.

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Come on; let us check out the recipe together!

DIY Turmeric Juice Recipe

You will need:

A fresh turmeric root, peeled

A juicer

A jar or a bottle

Preparation: Wash the root first and then peel it. Put it peeled in the juicer. Collect the pulp and run it several times more. Transfer the juice in the fridge and consume it within three days.

Use: Feel free to drink it on its own or to add it to different smoothies, soups, and milk, as well as other dishes.

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What Are the Health Advantages of Turmeric Juice?

- **Reduces Alzheimer's symptoms**

Turmeric juice may be beneficial in the prevention and delay of Alzheimer's. This is because it contains potent anti-inflammatory characteristics and we know that inflammation is one of the major triggers of Alzheimer's. Moreover, turmeric juice on a regular basis will better the oxygen flow to the brain which is also a contributing factor to the progression of the illness.

- **Betters the digestion**

If you have problems with indigestion, turmeric juice is a healthy and nourishing drink that can be of great aid. It will encourage the release of bile that will help improve the digestive processes, but also lower excessive gases, constipation, bloating, and heartburn. It may alleviate IBS and ulcerative

colitis symptoms too.

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- **Maintains the health of the skin**

The antioxidants present in turmeric juice may be helpful in reducing eczema, acne, and psoriasis. Apply it topically with a cotton pad onto the problematic area before going to bed. Rinse off the face in the morning with warm water and apply a moisturizer. Repeat on a regular basis.

- **Averts cancer**

Curcumin is the active ingredient in turmeric and it is a very potent substance. In fact, it can remove free radicals and minimize cell membrane damage and thus, lower the chance for cancer. Turmeric is considered to be the most effective in averting or treating breast, prostate, lung, oral, skin, liver, and colon cancer.

Sources:

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