HEALTHY TIPS

Could Curcumin Help Us Prevent Brain Damage Caused by Fluoride?

By bestfolkmedicine · 01/07/2019 · 2 min read



Turmeric is a well-known spice these days, not just because it adds an amazing flavor to different kinds of meals and drinks, but because it also makes an excellent natural remedy. The most popular ingredient in turmeric, curcumin, gives this spice its color and flavor.

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But, it is also responsible for the amazing health properties that turmeric offers. Namely, it is known to be a potent antioxidant and anti-inflammatory, to be good for the cardiovascular health and beneficial for the prevention of cancer by causing cancer cell apoptosis or self-induced death.

And, turmeric's effects on brain health have also been researched and were found to play a significant role in keeping optimal brain function by lowering the risk of serious brain illnesses, from Alzheimer's to depression.

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What's more, turmeric may also help protect the brain from fluoride poisoning.

Can Curcumin Help Reduce Risk of Fluoride Poisoning?

In many industrialized nations, fluoride has been regularly added to water supplies, according to the authorities, for people to maintain good dental health.

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But, there has been a lot of talk about whether fluoride is actually beneficial for the health of our teeth. And, what's more, a lot of studies have shown that fluoride exposure can actually be bad for us, especially for our brain.

In studies done in India, turmeric was discovered to help lower the chance for fluoride damage. Regular consumption of organic turmeric will prevent fluoride from damaging the brain.

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This being said, it can be beneficial to add turmeric to your diet, if you have not already, and improve your health and decrease risk of fluoride-induced brain damage.

If you happen to be worried about the impact of fluoride on your overall health, it may be wise to invest in quality water filters that will eliminate the fluoride from the water in your home.

Sources:

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