GRANDMA'S REMEDIES

Eat Half a Teaspoon of Turmeric Every Day And These 7 Things Will Happen To Your Body

By bestfolkmedicine · 01/04/2020 · 2 min read



Turmeric may be one of the most helpful nutritional supplements today. A lot of studies have proven its numerous advantages for the body and brain.

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Turmeric is known as the 'queen of all spices', turmeric has been a part of natural medicine for more than 4000 years. It's believed to be an effective tool in the fight against ache, toxins, inflammation, and even cancer.

It's often praised for its antibacterial, detoxification, and anti-inflammatory properties; however, recent studies also suggest that it may be beneficial in the reduction of Alzheimer's symptoms.

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And, you needn't take it in huge amounts- you can opt for a tsp of it per day.

If you still have doubts why this space deserves to be on your diet list, continue reading the article. We'll present the 10 best health benefits of turmeric consumption.

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7 Health Benefits of Turmeric

- **Helps reduce inflammation**

Chronic inflammation is considered to be the main reason behind numerous health problems.

Curcumin, the active compound of turmeric, has powerful anti-inflammatory properties that can help you reduce the risk of inflammation naturally.

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- **Boosts the digestive processes**

Consuming turmeric daily will stimulate the gallbladder, decrease bloating and gas, and avert digestive tract inflammation.

- **Protects the heart**

Curcumin was found to lower the bad cholesterol, reduce the chances for blood clotting, and eliminate arterial plaque.

- **Boosts the antioxidant levels**

Free radicals are substances associated with chronic illness and antioxidants can help keep the body safe from these free radicals.

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It's the curcumin's antioxidant power that helps neutralize the free radicals.

- **May help avert or treat Alzheimer's**

Alzheimer's is a neurodegenerative illness which is one of the major causes of dementia. Since there's still no one good treatment for this disease, its prevention is crucial.

Turmeric may be of aid as curcumin is powerful in alleviating inflammation and oxidative damage linked with this disease.

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Plus, studies have shown that curcumin may help lower the amyloidal plaques, an indicator of this disease.

- **Beneficial for people with arthritis**

There are several types of arthritis; mostly they involve inflamed and painful joints.

As curcumin is a powerful anti-inflammatory compound, it may be of aid for people with this health problem and some studies indicate this.

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- **It can help with depression**

Curcumin was found to be promising in depression treatment- in one controlled trial, the group that took curcumin experienced improvement similar to the group who took Prozac, a medication prescribed for depression.

Curcumin may help with depression as it increases the BDNF levels (low levels of it have been associated with depression).

Sources:

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