DRINKS & SMOOTHIES

5 Excellent Reasons Why Turmeric Golden Milk Is Good for You (+ Easiest Recipe)

By bestfolkmedicine · 21/04/2022 · 3 min read



Golden milk or turmeric milk is an Indian beverage that has been increasingly popular in the West in recent years.

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This yellow drink is made by warming up a plant-based or cow's milk and enriching it with turmeric and some other spices (ginger or cinnamon).

Praised for plenty of health benefits, this drink is commonly used as an alternative way to strengthen one's immunity and prevent diseases.

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Below, learn about the five best reasons why it's worth adding it to your daily diet!

5 Excellent Reasons Why Turmeric Golden Milk Is Good for You

1. **May help lower inflammation & joint ache**

Golden milk is rich in ingredients with anti-inflammatory characteristics.

Chronic inflammation is said to play a role in plenty of chronic illnesses, including Alzheimer's, metabolic syndrome, cancer, and heart illness.

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Therefore, diets abundant in anti-inflammatory properties may help lower one's risk of these health issues. Ginger and curcumin, turmeric's active ingredients, are known to possess anti-inflammatory characteristics.

According to studies, the anti-inflammatory effects of curcumin are similar to the ones by meds but without any side effects.

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2. **May boost the mood**

Turmeric and the curcumin in it may help better the mood and lower the signs of depression.

In one 6-week study, 60 participants with depressive disorders consumed either curcumin, an antidepressant, or a combination of the two.

Those who took only curcumin had similar improvements as the ones who took antidepressants.

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Depression may also be associated with low levels of BDNF. Since curcumin appears to increase the levels of BDNF, it may be able to help out with depression.

3. **May decrease the blood sugar levels**

Golden milk ingredients like cinnamon and ginger may help out in case of higher blood sugar levels.

Cinnamon reduces the resistance to insulin and helps lower the overall level of blood sugar.

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Cinnamon lowers the glucose that's absorbed in the gut after meals and further boosts the management of blood sugar.

4. **May lower the risk of cancer**

The spices of golden milk may help in the prevention and treatment of cancer.

Several test-tube studies claim that the anti-cancer properties are a result of gingerol, a substance present in ginger.

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Moreover, lab animal studies found that cinnamon's compounds may be of aid in decreasing the growth of cancerous cells.

Curcumin from turmeric was found able to destroy isolated cancerous cells and avert the growth of new blood vessels in tumors and prevent their capacity to spread.

5. **Rich in antioxidants**

Golden milk's key ingredient, turmeric, is a popular spice in Asian cuisine.

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Curcumin is the active component of this spice and it's long been praised for its antioxidant properties.

Antioxidants are powerful compounds that have the power to fight off cell damage and keep the body safe from oxidative stress.

Plenty of golden milk recipes contains cinnamon and ginger, two ingredients with amazing antioxidant characteristics too.

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How to Make Golden Milk

You'll need:

2 inches of turmeric root

2 1/2 cups of almond milk

an inch of ginger root

a pinch of black pepper

a tbsp of coconut oil

a tbsp of honey

Prep:

Combine the ingredients in a cup. Mix and heat in medium heat until it starts simmering. Leave it to cool down a bit and you can drink it.

Enjoy!

Sources:

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