

Clemmons SDA Fellowship Health Minute

9/23/2023



Benefits of Turmeric:

- Turmeric may be the most effective nutritional supplement in existence.
- Many of the benefits come from its main ingredient – Curcumin.
- An interesting fact about curcumin is that our bodies can't metabolize turmeric fast enough. However, if turmeric is cut/taken with black pepper (which has a compound called 'piperine' that helps our bodies absorb all the wonderful benefits turmeric has to offer).
- Turmeric is a spice that gives dishes a yellow color.
- Turmeric is a powerful anti-inflammatory, and a very strong antioxidant that not only protects from free radicals in the body, but also stimulates the actions of other antioxidants.
- The curcumin compound in turmeric can be effective in delaying or even reversing many brain diseases and age-related diseases (Alzheimer) and helps improve our memory /attention.
- Lowers risk of heart disease/regulates blood pressure.
- Turmeric has been studied as a beneficial herb in cancer treatment. Contributes to the “death of cancerous cells” and reduce spreading of cancer cells.
- Arthritis is characterized by joint inflammation-turmeric treats symptoms of arthritis and in some cases is more effective than anti-inflammatory drugs such as Ibuprofen, Advil, Aspirin.
- Helps in treating depression.
- May help prevent Diabetes through anti-inflammatory/antioxidant properties.
- Improve skin health-antimicrobial.
- May prevent eye degeneration (Glaucoma)
- Rich in Vitamin C, B6, Calcium, Iron, Magnesium, Zinc, Potassium.
- Helps control “LDL's” bad cholesterol.
- Turmeric boosts the immune system and enhances our bodies antibody responses.