

Turmeric: Indian Gold

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What is Turmeric?

- Grown throughout India, other parts of Asia, and Africa, [Turmeric is a shrub related to ginger](#). Turmeric has a warm, bitter taste, golden color, and is commonly used in fabric dyes and foods such as curry powders, mustards, and cheeses.

Curcumin: Turmeric's Secret Weapon

- Curcumin anti-inflammatory properties have [shown hope for Alzheimer's Disease](#) and [may also help lower cholesterol](#), maintain [liver health](#) and [prostate health](#), blood vessel health in [postmenopausal women](#), and [pancreas health](#).
- Most recently, [curcumin may help protect against head and neck cancers](#).

How Does Turmeric Elicit These Healthful Effects?

- [Research](#) has shown that curcumin decreases activity of inflammatory proteins that include [NFkB](#), [COX-2](#), [5-lipoxygenase](#), [tumor necrosis factor](#), [interleukin 1](#) and [interleukin 6](#).
- This has raised a lot of hope that [turmeric can help protect against chronic disease](#).

Where Can I Get Turmeric?

- You can get it in any supermarket but [buy organic turmeric](#) to [avoid dangerous pesticides](#).

Questions About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!