

# Why Turmeric Is The Ultimate Home Remedy You Need

*The next read is an excerpt from “The Doctor’s Book of Survival Home Remedies”, Chapter: Turmeric, pages 318-319:*

Modern research has primarily looked at the medicinal action of curcumin, the main active ingredient in turmeric.

If you’d like to take curcumin on its own, many commercial supplements have been developed that only contain curcumin.

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But the whole turmeric has been used in the remedies included here for thousands of years. The sheer history behind turmeric’s use as a remedy for a range of acute and chronic diseases is proof enough that it works for many people throughout the world. It’s our sincere hope that these remedies can also work for you.

One important fact modern research has revealed is that curcumin is poorly absorbed by the human body, whether it’s taken alone or as part of the whole turmeric. Luckily, science has also discovered how to remedy this situation.

It’s been found that black pepper contains piperine[1], which can enhance the absorption of curcumin by a staggering 2000%. Curcumin is also fat-soluble. That means eating it with fats, such as olive oil or ghee, will help you absorb it better.



## 7 TIPS FOR TAKING



# TURMERIC

You know its golden hue — it's what gives mustard and curry their vibrant yellow color. But the reason this ancient spice is suddenly popping up in everything from teas to smoothies?

Turmeric's treasure lies in its active ingredient: **CURCUMIN**.

### WHAT'S IT GOOD FOR?



Traditional Chinese medicine and Ayurveda have long used turmeric to improve digestion and liver function, ease arthritis pain and regulate menstrual cycles. Curcumin is reported to be rich in antioxidants and anti-inflammatory properties. Today, researchers are investigating whether turmeric may help diseases in which inflammation plays a role, ranging from arthritis to ulcerative colitis.

### HOW SHOULD I TAKE IT?

Turmeric can be taken as a supplement to complement your regular healthcare regimen. Please check with your doctor first to see if turmeric is right for you. If you and your doctor agree, follow these 7 tips.



1

**Look for "phytosome technology."** Check the label for a product manufactured with "phytosome technology" (or Meriva® turmeric). Combining phosphatidylcholine with the curcumin results in a 29X improved absorption rate over standard curcumin extracts.

2

**Check your dose.** While taking 500 mg twice daily with food is commonly recommended, know there's no one set amount for everyone. The dose that's right for you depends on your overall health. More isn't always better, so talk to your doctor.

3

**Start low and build up.** While most people tolerate turmeric very well, allergy or intolerance is possible, as is a bit of GI upset. If you have a target dose in mind, start at the lowest dose and work your way up.

4

**Being picky pays off.** The quality of the raw materials does make a difference. Look for authentic Indian turmeric for cooking. For supplements, find a product with as few inactive ingredients/fillers as possible.

5

**Don't stock up.** With both supplements and spices, buy just enough. Then replenish your supply. Its power is depleted by being repeatedly exposed to air.

6

**Don't stop your medicines.** Taking or eating turmeric is **NOT** a substitute for medicine. It can be helpful as a supplement, or adjunct to, your conventional care.

7

**Listen to your body.** While the risk of side effects is low and drug interactions are unlikely, stop taking turmeric if you notice ill effects. Turmeric may cause bloating and there is a theoretical concern that it may interact with blood-clotting medications. Avoid it if you have gallbladder disease.



**Not ready to commit to a supplement?** While cooking with turmeric doesn't give you as big of a health boost as taking a supplement, you can still benefit by adding this pungent, bitter spice to smoothies, soups, scrambled eggs, muffins, rice and roasted veggies.

Turmeric is already a delicious addition to curries and many other dishes. Just make sure you also add some black pepper and fats to your meal to get the most out of this exceptional spice.

And for a brief word of caution, note that the natural pigments in turmeric can stain anything absorbent in a bright orange or yellow color. This includes clothing, carpets, furniture, or anything else turmeric might come in contact with. Don't wear your best clothing when preparing a turmeric dish or remedy, and avoid any spills on carpets and furniture.

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## **Turmeric Tea, Infusion and Decoction**

Turmeric teas provide a tasty way to help relieve a sore throat, cough, digestive upset, or mouth ulcer. They're also a great way to get your daily dose of turmeric for ongoing health.

**Turmeric Tea** – Plain turmeric tea can be bitter on its own, so turmeric is often combined with other ingredients for a tea. For example, try putting 2 slices of both fresh turmeric and ginger in a cup with about half a teaspoon (2 grams) of tamarind paste. Add 1 cup (250 milliliters) of boiling water and let steep for 5-10 minutes. Strain out the ingredients and season with honey if desired before drinking.

**Turmeric Infusion** – Slice a 3- to 5-inch (8- to 13-centimeter) piece of fresh turmeric root as thin as possible, then mince the slices well. You can also use 1-2 tablespoons (13-26 grams) of dried turmeric. Simmer the turmeric in about one quart (liter) of boiling water in a saucepan for at least 2 hours. Use a strainer or cheesecloth to remove the turmeric before drinking.

**Variation:** Add  $\frac{1}{2}$  a teaspoon each of whole cloves and black pepper, and a tablespoon of cumin seeds to the water. Simmer with the turmeric and strain out at the end.

**Turmeric Decoction** – Make one or more recipes of the Turmeric Infusion or Variation above. Once you've removed the ingredients, return the infusion to the stove-top and simmer for another 2 hours, or until the liquid volume is reduced by half.

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