

TURMERIC

Botanical Name: *Curcuma Longa*

Track record

NO PHARMACEUTICAL DRUG COMES CLOSE TO THE 5000 YEAR OLD TRACK OF SAFE USE OF TURMERIC IN AYURVEDIC MEDICINE

The Yellow spice

IS A PHARMACY UNTO ITSELF

Crusader

Leading crusader against disease. Turmeric's preventative and curative active ingredient is Curcumin, a compound that is anti-inflammatory and an antioxidant and has shown to improve and protect virtually every organ in the body. It has shown to reduce some of the biggest health threats such as:

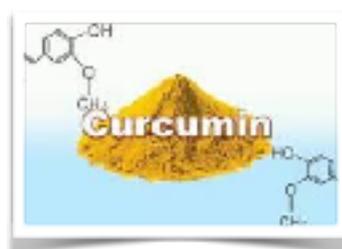
ARTHRITIS
ALZHEIMER'S
TYPE 2 DIABETES
CANCER
HEART DISEASE
STROKE
WOUND HEALING
DIGESTIVE ISSUES
DERMATITIS
GOUT
FLATULENCE
ALLERGIES
and many more



History

The use of Turmeric dates back about 5000 years to the ancient civilisation of India and China. Turmeric is a kitchen staple in India and found in many dishes. It has played an important part in Ayurvedic Medicine to alleviate pain, balance digestion, purify body and mind, clear skin diseases, expel phlegm, and invigorate the blood. Nowadays, this plant has acquired great importance with its anti-ageing, anti-cancer, anti-Alzheimer, antioxidant, and a variety of other medicinal properties

Ayurvedic literature contains over 100 different terms for turmeric, including *jayanti*, meaning 'one who is victorious over diseases' and *matrimanika*, meaning, 'as beautiful as moonlight'. It has been used in Indian culture for dyeing cloth and traditional ceremonies as well as in their cuisine.



RECIPE FOR TURMERIC MILK

Ingredients:

Milk (A2), Saffron, Organic turmeric powder or dried fresh turmeric, Cow's Ghee, Black pepper and Manuka Honey (if needed) Boil 2 glasses of milk with tiny bit of saffron and 1/2 tsp of turmeric in a pan. Please avoid heating in microwave.

Reduce milk to 1 glass or 1/2 or 1/4 of the quantity.

Add black pepper 3/4 of a tsp
Add 1/2-1 tsp of pure cow's Ghee.
Give a quick boil to the mixture. Just to make it tasty you can add 1/2 tsp of Manuka honey.

Mix and whisk this mixture properly by pouring in and out in a cup from pan. The milk is ready to drink. Make sure one should drink only warm hot milk. The right time to have this herbal milk is after 6PM or 15 min before going to bed.

Do not drink just before or just after your dinner. Keep approx. 30 min to 1 hour gap between food and milk. Always make fresh milk. Do not store in fridge. **Do not skip black pepper as it helps to activate and absorb the medicinal properties of turmeric.**

Add green cardamom or cinnamon.



Science

Turmeric has caught the attention of mainstream medicine only recently if we consider Ancient cultures have used of it for 1000s of years. A wealth of scientific studies has demonstrated the health benefits of turmeric on the digestive, cardiovascular, rheumatic, and immune systems. The article titled Pharmaceutical perspectives of Spices and condiments published April 2017 in the Journal of Evidence based Complementary and Alternative Medicine by D'Souza et al says, 'The most exceptional condiment Turmeric, which is known to contain Curcumin, is evidenced to have numerous therapeutic properties and has already been exploited for skin treatments and general health.'

Curcumin contains anti-inflammatory and antioxidant properties which means it combats the oxidation process. Oxidation is caused by reactive oxygen species by molecules that have a missing electron from their outer ring and so they steal electrons from other molecules causing oxidised stress. This can lead to chronic low grade inflammation and lead to all sorts of disease according to Bharat Aggarawal Phd from University of California and MD in cancer research, immunology and experimental therapeutics.

Use

Turmeric and pepper are components of most curry powder blends, and you can enjoy the benefits of this natural healing ingredient in soups, sautéed vegetables, and other delicious dishes.

Most recently we have seen "Golden Milk" pop up everywhere and we have included our version of this by Ayurvedic Practitioner Dr. Vishal. Turmeric can be taken in a variety of ways in warm drinks and delicious foods. Turmeric is certainly one of the most powerful herbs known to medicine and health, "It's a spice that everyone should get to know and live with" says David Frawley founder and Director of the Vedic Institute in Santa Fe

Whichever way you decide to incorporate it in your life, do so consistently and as part of a wellness routine that is balanced and preventative.

