

# Turmeric

Lately, I have seen so much information on the benefits of turmeric.

Turmeric is a plant related to ginger and is sometimes called Indian saffron or the Golden spice. It is a tall plant that grows in Central America and Asia. Turmeric is made from the ground roots of the plant.



According to HealthLine, turmeric is the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to back up what Indians have known for a long time – it really does contain compounds with medicinal properties.

These compounds are called curcuminoids, the most important of which is [curcumin](#). Curcumin has powerful anti-inflammatory

effects and is a very strong antioxidant.



Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions.

Research has shown that curcumin has healthy beneficial effects on: heart disease, arthritis and joint pain, PMS, depression, cancer, anxiety, liver function, cognitive function, and digestive ailments.

There are several ways to add turmeric in your diet. You can sprinkle the spice into salad dressings, casseroles, marinades, or on rice.

I also drink [Golden Milk](#) by Gaia. The ingredients to this warm yellow beverage are turmeric and other traditional Ayurvedic herbs like Black Pepper, Cardamom, Vanilla and Ashwagandha.





Mix 1 teaspoon into any warm milk of your choice. I use a hand frother to blend the powder. Drink daily. Gaia Herbs [Golden Milk](#) is vegan and gluten-free with no GMOs or soy, with natural sweetness from dates.





I purchase my Golden Milk at our local Sprouts store, but it can be found online as well.



If you prefer tea, my dear friend, Gabie from [Tea End Blog](#) has shared her recipe for Turmeric Tea. She has allowed me to use her photo below-one of my favorites! For the link to her blog post, click [here](#).



There are many high quality turmeric supplements available.

Unfortunately, curcumin is poorly absorbed into the bloodstream. It helps to consume [black pepper](#) with it. It is recommended to find a product with BioPerine (the trademarked name for piperine), which is the natural substance that enhances curcumin absorption by 2,000%.

Based on MedicalNewsToday, research indicates that turmeric doses of 500–2,000 mg per day may be effective. However, high doses are not recommended long-term. Also, do not use if you are pregnant or nursing. Please check with your doctor before taking any new supplements or products.

There is a TON of information on the internet about turmeric and curcumin. Even one sight indicated it was “the world’s healthiest food”. I just started taking daily supplements so I am excited to see if I notice a difference.

Have a healthy day!

Mary