

Natural Health Tips

Turmeric

Turmeric, the little, orange root powder, used in the West only as a natural food coloring, is well known by other civilizations as a powerful remedy. It is used in India as an important spice in the diet and considered by Indians the best anti-cancer remedy. Traditional Chinese Medicine uses it as an important “liver cleanser” that stimulates the liver to eliminate toxins from the blood more efficiently. Finally, in recent years, Western scientific studies have turned their attention to this neglected herb, and have found that curcumin, turmeric’s main phytochemical:

- provides more DNA protection than powerful antioxidants
- stimulates body’s production of cancer-protective enzymes
- is a strong detoxifier
- has anti-inflammatory effect comparable to that of cortisone, but none of the drug’s side effects
- is anti-ulcerative
- is a good digestive aid
- protects against heart disease
- turmeric oil has anti-bacterial effect

Turmeric provides general cancer-preventive effect and has proven specifically beneficial in leukemia, breast and colon cancer.

The best way to consume turmeric is also the tastiest: cook with it. Make it your “daily spice”, that can be added practically to any cooked dish. Use about ¼ teaspoon per meal.

Curry Spice Blend Recipe

- 6 parts turmeric
- 10 parts ground cumin
- 6 parts ground fennel
- 1 part ground black pepper

Mix the spices together well and use ½ to 1 teaspoon of this blend per serving when cooking. First stir the spice in the heated oil or butter – then add the vegetables, grains or the meat. This will allow the fat-soluble compounds of the turmeric to be released.

Store the spice mixture in an airtight container in a cool and dark place.