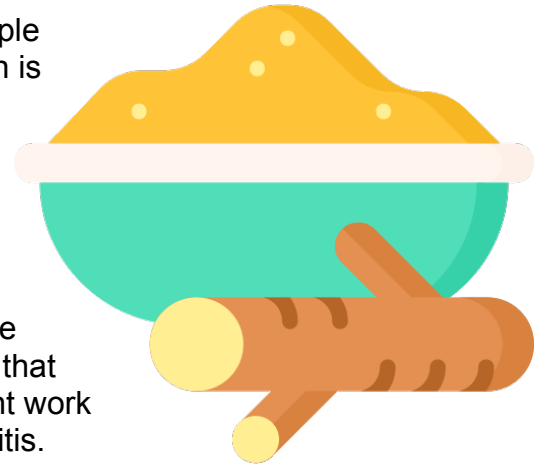


5 Reasons to Get More Turmeric in Your Diet

Turmeric? Curcumin? What is the difference? Pretty simple answer. Turmeric is the main spice in curry and curcumin is an extract of turmeric which offers a variety of health benefits. Below are 5 reasons to get more turmeric (curcumin) in your diet.



1. Arthritis

Turmeric contains anti-inflammatory properties and supplementation can be highly effective at helping people manage rheumatoid arthritis (RA). Research has shown that curcumin can significantly reduce inflammation and might work just as well as ibuprofen in patients with knee osteoarthritis.

2. Diabetes

Turmeric has been found to delay the onset of type 2 diabetes due to its ability to lower blood glucose levels and reverse insulin resistance. Turmeric acts as an anti-diabetic and antioxidant in diabetes, especially type 1 diabetes, improving metabolic function and reducing the risk of plaque buildup in the arteries of type 2 diabetes patients.

3. Cancer

Studies have shown promising effects of curcumin in preventing and treating cancer. Turmeric supplements are powerful antioxidants which protect cells from oxidative damage, a risk factor for cancer. Curcumin can inhibit cancer cell growth, boost antioxidant levels and the immune system, and kill cancer cells.

4. Digestive Aid

Turmeric supplements may help relieving gas and bloating as well as reducing symptoms of indigestion by promoting the production of bile. Research has also suggested curcumin contains properties that can reduce inflammatory bowel disease.

5. Skin Care

Turmeric offers a variety of healing properties for skin. As a natural anti-inflammatory, it helps reduce redness or other skin irritations and it can also be helpful for blemishes, acne and skin balance due to its antibacterial properties.

Source: www.luckyvitamin.com