

TURMERIC – SUPER HEALING SPICE COURSE LEARNING WORKBOOK



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Note: External Links: Regarding Advertisements

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TURMERIC – SUPER HEALING SPICE—COURSE WORK BOOK

ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes “33 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

Additional Assignments

— In addition to the “43 numbered” activity questions” there are external video/article links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

LESSON 1

1. What color is turmeric?

2. What turmeric used for with food?

3. What is turmeric excellent source of?

4. What does the fresh turmeric rhizomes look similar too?

5. Where can you find fresh turmeric in a grocery store?

6. How is dried turmeric made?

7. What does 1 inch fresh turmeric equal?

8. What does turmeric work like to help people manage rheumatoid arthritis?

9. What are eight reasons to get more turmeric in your diet? •

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10. What are curcumin related chemicals?

11. What is one of curcumin's most important activities in the human body?

12. List six quick facts about curcumin.

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13. What did scientists find in their assessment of curcumin for nervous system protection?

LESSON 2

14. What are three basic problems curcumin bioavailability?

15. When choosing a curcumin supplement you need to make certain you are getting a quality product. What seven things did you need to look for in a curcumin supplement?

16. What standard arthritis drug did curcumin beat out in a randomized pilot study by

scientists (reference #5)?

17. In this same study what are seven study facts to control joint inflammation?

18. What is rheumatoid arthritis?

19. What are symptoms of rheumatoid arthritis?

20. What is bioavailability?

21. What is osteoarthritis?

22. How does curcumin help osteoarthritis?

23. How does curcumin prevent DNA damage?

24. How does curcumin quench the fires of inflammation?

25. How does curcumin promote cancer cell suicide?

26. How does curcumin break the link between obesity and cancer?

27. How does curcumin stop pre-malignant tissue from progressing?

LESSON 3

28. Define short-term memory.

29. What is the active ingredient behind turmeric's brain-protective effects?

30. What factors are believed to contribute to Alzheimer's disease?

31. What are five ways to add more turmeric into your diet?

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32. What are some great foods to sprinkle turmeric on?

33. What flavor does turmeric have?

ADDITIONAL EXTERNAL LINKS - VIDEOS/WEBINARS/ARTICLES **MORE COURSE ACTIVITY QUESTIONS**

External Link Assignments

- Click on the external webinar/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

External Article Links

Article Assignment

- Click on the external article links.
- Read each article.
- Describe at least 3 things you have learned from each article.

∞ [37 Proven Health Benefits of Curcumin - Selfhacked - Comprehensive Article](#)

- 1.
- 2.
- 3.

∞ [Curcumin | Linus Pauling Institute | Oregon State University](#)

- 1.
- 2.
- 3.

∞ [What is turmeric, and what are the digestive health benefits of turmeric?](#)

- 1.
- 2.
- 3.

External Video Links

Video Assignment

- Click on the external video link.
- Watch each video.
- Describe at least 3 things you have learned from each video.

∞ [Inflammation Part 1 \(HD\) - YouTube - 35 minutes](#)

This video is helps with Lesson 3.

- What is inflammation?

- What are components of inflammation?

- What are historical highlights of inflammation?

- What are the signs of Inflammation?

- What are the causes of Inflammation?

- What is chronic Inflammation?

- What is chronic Inflammation?

- What is chronic Inflammation?

- What is chronic vascular events of Inflammation?

∞ [Inflammation - YouTube - 42 minutes](#)

Assignment: Watch and/or listen to the video.

There are 3 lines of defense to help prevent infection discussed in the video.

- What do each one of them do?

- What happens when bacteria gets into your system?

- What is acute inflammation?

- What is chronic inflammation?

Note: At minute 32:50 there is a pause and you will need to forward about 30 seconds.

- What is resolution and repair?

- What does scar tissue get replaced by?

- What is the primary role of wound healing?

- What are the wound healing phases?

- Write and discuss what else you have learned?

External Video Links

Video Assignment

- Click on the external video link.
- Watch each video.
- Describe at least 10 things you have learned from each video.

∞ [Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life - YouTube - 57 minutes](#)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

∞ [Alzheimer's Reversed in Detail - YouTube - 1 Hour](#)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

∞ [Turmeric or Curcumin: Plants vs. Pills - 3:06 minutes](#)

Assignment: Watch this video. Then **write and discuss** what you have learned?

∞ [Heart of Gold: Turmeric vs. Exercise - 4:38 minutes](#)

Assignment: Watch this video and also search the web to learn more. Then answer the questions.

- What are endothelial cells?

- How do fruits and vegetables help with are endothelial function?

- Discuss the endothelial function studies.

- What did the stud. Find on exercise and curcumin?

- Write and discuss what else you have learned?

∞ [Start Taking Turmeric Every Day, See What Happens to Your Body](#) - 12:08 minutes

Assignment: Watch this video and also search the web to learn more. Then answer the questions.

- How does turmeric help your teeth get whiter?

- How does turmeric help with skin health?

- How does turmeric help with hair health?

- How does turmeric help strengthen your immunity?

- How does turmeric assist with a sore throat?

- How does turmeric assist with a cold?

- How does turmeric assist with wounds?

- How does turmeric help with joint health?

- How does turmeric help with your mood?

- How does turmeric help with weight loss?

- How are turmeric's anti-cancer effects?

- Write and discuss what else you have learned?

∞ Learning Reinforcement Video

12 Scientific Health Benefits of Turmeric and Curcumin - 3:57 minutes

• Assignment: Watch this video and **write and discuss the** 12 scientific health benefits of turmeric and curcumin.

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12.

∞ **Learning Reinforcement Video**

[5 Powerful Benefits of Turmeric or Curcumin \(Backed by Science\)](#) - 7:06 minutes

Assignment: Watch this video and **write and discuss the 5** powerful benefits of turmeric or curcumin.

1.

2.

3.

4.

5.

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- ∞ [Health Benefits of Turmeric | Dr. Josh Axe](#) - 4:43 minutes Video
 - ∞ [Turmeric Benefits, Uses, Dosage and Side Effects - Dr. Axe](#) - Article

• Assignment: Watch the video. Then answer the video questions. Then read the article to reinforce the video. Then answer the article question.

- Form the video what antioxidants does turmeric boost?

- Form the video, write and discuss the main benefits that Dr. Axe talks about.

- Form the video, write and discuss some great ways to get turmeric into your diet.

- Form the article, discuss turmeric nutrition facts.

- Form the article, write and discuss what else you have learned?

- ∞ [Proven Health Benefits of Turmeric and Curcumin](#) - 6:07 minutes

Assignment: Watch this video. Then answer the questions.

- Where does turmeric powder derive from?

- What makes turmeric so unique?

-
- What percent of turmeric is curcumin?
-
-

- What does turmeric need for maximum absorbability?
-
-

- Write and discuss what else you have learned?
-
-

Short Video/Articles to reinforce your learning.

- ∞ [Turmeric Benefits: How to Supplement Your Diet | Men's Journal](#) - 1:00 minute - Video
- ∞ [Why Turmeric Is So Good for You | EatingWell](#) - 1:19 minutes - Video
- ∞ [The Health Benefits of Turmeric | Health.com](#) - 56 seconds - Video
- ∞ [Turmeric and Curcumin - WebMD](#) - 1:16 minutes - Video
- ∞ [The Health Benefits of Turmeric - Shape Magazine](#) - 1:10 minutes - Video
- ∞ [Mayo Clinic Minute: Are there health benefits to taking turmeric?](#) - 1:00 minute - Video ONLY

Additional Webinar

- ∞ [MegaFood | Let's Talk Turmeric - YouTube Webinar](#) - 30 minutes

