

Health Benefits of Curcumin

Curcumin thins the blood, so if you are on blood thinners, please consult your health care practitioner before using.

Potent anti-inflammatory: chronic inflammation is a factor in almost every chronic disease such as Alzheimer's, Heart disease, Cancer, and Auto-immune diseases.

- Reduces pain and stiffness in joints
- Improves inflammation in the gut and improves digestion (reduces bloating and gas); also stimulates gall bladder to produce bile to improve digestion

Antioxidant: quenches free radicals caused by oxidation

- Boosts the body's own antioxidant enzymes
- Promotes anti-aging of the skin and helps with numerous skin conditions
- Brain cells produce a lot of free radicals so this prevents brain deterioration

Adaptogen: reduces stress hormones from the Adrenal Glands such as Cortisol

- Boosts the Immune System to prevent illness
- Helps to maintain hormone balance
- Prevents weight gain especially in the abdomen
- Reduces blood sugar levels in Diabetics and prevents Diabetic complications

Boosts Brain function:

- Boosts Brain-Derived Neurotrophic Factor (BDNF)- a growth hormone that promotes the growth of new Neurons in the Brain and increases connections between Neurons.
- Supports the Immune System to reduce Amyloid plaques in Alzheimer's Disease
- Inhibits the proliferation of Microglial cells
- Reduces inflammation in the Brain and reduces free radicals
- Chelates heavy metals in the Brain

Promotes Heart health:

- Improves the function of the endothelium which is the lining of the blood vessels, and this improves risk of having a heart attack by preventing clots
- Reduces inflammation of the arteries that can cause a Heart Attack

Cancer prevention and promotes healing of Cancer:

- Contributes to the death of Cancer cells called Apoptosis
- Reduces Angiogenesis which is the growth of new blood vessels in tumors
- Reduces Metastasis (spread) of Cancer
- Most beneficial with breast, bowel, stomach, and skin Cancer