

TURMERIC REMEDIES

(Turmeric Makes Your Cell Membranes Behave For Better Health)

The marigold-coloured spice, known as Turmeric, which is revered in India as ‘holy powder’, has been used for centuries to treat wounds, infections and other health problems. There has been increasing research into Turmeric’s main ingredient, Curcumin, and its astonishing array of antioxidant, anti-cancer, antibiotic, antiviral, and other, properties. Researchers have discovered that Curcumin acts by inserting itself into cell membranes, and making them more orderly, a move that improves the cells’ resistance to infection and malignancy. It appears that Curcumin – the pigment that gives Turmeric its yellow-orange colour, and which is thought to be responsible for many of its medicinal effects – is able to ‘discipline’ cells, and get them back into working order.

Numerous studies have looked into this potential cancer-fighting link, with promising results. For instance, Curcumin has been found to:

- Inhibit the proliferation of tumour cells;
- Inhibit the transformation of cells from normal to tumour;
- Help your body destroy mutated cancer cells, so they cannot spread throughout your body;
- Decrease inflammation;
- Enhance liver function;
- Inhibit the synthesis of a protein, thought to be instrumental in tumour formation;
- Prevent the development of additional blood supply, necessary for cancer cell growth.

The reason people in India refer to Turmeric as ‘holy powder’ is because it has such a broad range of health effects. In fact, Curcumin has been shown to influence more than 700 genes, with benefits that include:

- Strengthening and improving your digestion;
- Supporting healthy liver function and detoxification;
- Purifying your blood;
- Fighting Cancer, Arthritis, and Alzheimer’s disease;
- Anti-inflammatory properties.

Further, evidence suggests that Turmeric may play a beneficial role in the following diseases:

- Cystic Fibrosis; Type 2 Diabetes; Crohn’s Disease; Psoriasis; Rheumatoid Arthritis; Cataracts; Gallstones; Muscle Regeneration; Inflammatory Bowel Disease.

A Few Turmeric Tips:

- You can, absolutely, use Turmeric in your cooking, and, in case you haven’t tried it, it has a warm, peppery flavour. However, when you do choose to use it, purchase a pure Turmeric powder, rather than a curry powder, as research has found that curry powders tend to contain very little Curcumin, compared to pure Turmeric powder.
- Be sure to listen to your body, as always, and, if Turmeric is a spice you do not enjoy, it may be a sign that it’s not right for your body. If you are not one who enjoys the flavour of curry, you can also get the benefits of Turmeric by taking it in a high-quality, organic, supplement form.

HOW TO USE TURMERIC

Turmeric Powder:

1 teaspoon (1.5 grams) of Turmeric Powder per day has herbal remedy benefits. Turmeric is best mixed with food/milk that has fatty components. The fats in foods (and in milk) play a vital role in making the active ingredient in Turmeric (Curcumin) available for use by the body. Curcumin is almost totally insoluble in water, but is completely soluble in fat, and dissolves readily in coconut milk or cream, especially if they are warm (only heat the milk/cream, do not boil, as this may damage the medicinal properties of the natural Turmeric medicine).

Turmeric Drink:

Mix 1 teaspoon (1.5 grams) of Turmeric Powder into 1 cup of Warm Milk (Full-Cream or Coconut Milk), and drink it. This mixture can be consumed up to 3 times (3 cups) per day. ‘Milk Cream’ is made by heating milk and leaving it out for a while – a thin skin floats on top. The longer you heat milk on a low temperature, the more milk cream will form on top.

Alternative Turmeric Sources:

Capsules or Oil Extracts are available, however, be aware of chemical preservatives in some products.

Side Effects Of Turmeric:

Excessive Turmeric consumption may lead to stomach upset, constipation, sweating (counter this by drinking plenty of water), accelerated heart-beats, thinning of blood (not good for people on blood thinners). If any of these symptoms occur, reduce consumption of Turmeric, or go off it altogether. Consuming Turmeric Extract during pregnancy, or breastfeeding, should be avoided, as it may cause uterine contraction.

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- **Pigmentation:** Apply a little Turmeric, mixed with Cucumber Juice or Lemon Juice, to the affected area to reduce pigmentation. Leave on for 15 minutes, or more, and wash off. For best results, do this every day until you regain your skin tone colour.
- **Strong Bones:** To strengthen bones, add Turmeric to hot milk, and drink before going to bed at night. This will assist in curing numerous ailments, and reduces the risk of developing osteoporosis.
- **Pregnancy Stretch Marks:** To prevent unsightly stretch marks, due to pregnancy, apply a mixture of Turmeric and Malai, or Turmeric and Curd, to your stomach and waist before going for a bath. Leave it on for 15 minutes, and then wash off.
- **Wounds:** Sprinkle a bit of Turmeric with Honey (optional), on cuts, bruises, or scrapes, after a thorough wash, as the anti-bacterial action will prevent wound infections.
- **Arthritis:** Turmeric can be used to reduce pain associated with Arthritis. Warm a cup of milk. Before it boils, remove it from the heat, and add in one teaspoon of Turmeric powder. Stir, and drink it (this can be done up to 3 times daily).
- **Reduce Fats:** Regular use of Turmeric reduces fats, aids blood circulation, and purifies the blood.
- **Cosmetic Use:** For dry skin, make a paste of Milk Cream (1/2 tablespoon), Gram Flour (1 tablespoon – available in Indian stores) and Turmeric (1/2 teaspoon), and apply it daily to your face to own glowing skin without any marks. Leave out the Milk Cream if your skin is oily. Make sure to scrub the paste into your face well, as it helps to remove blackheads too. Turmeric may also be mixed with Almond Oil and Honey to purify and nourish skin.
- **Cysts:** Turmeric is very effective in resolving Cysts. Apply a Turmeric paste on the Cyst. The Cyst is, generally, resolved in about one month.
- **Joint Pain:** Mix 1/8 teaspoon Turmeric, 3 Cardamom Pods (optional), 1/4 cup Water, simmer for 5-7 minutes, then add 1 cup of Milk, 2 tablespoons Almond Oil (cold-pressed). Bring just to boiling point (but do not boil). Add honey or maple syrup to taste, if desired. Sip slowly as a hot tea.
- **Cancer/Leukemia:** No-one really knows the quantity required to treat cancerous conditions, however, it's recommended to take at least 10 grams per day (5 grams twice a day), dissolved in fat. The Curcumin in Turmeric is not toxic, so why screw around with low doses (however, be aware of the side effects).
- **Digestion/Metabolism/Stomach/Dyspepsia/Indigestion:** (a) For a digestive system 'cleanse', mix 1/2 teaspoon Turmeric with 1 cup hot Milk, allow mixture to cool, and then drink. (b) To balance digestion, add 1 teaspoon Turmeric to 1 cup of Yoghurt, and eat it right after lunch. (c) For Stomach Ache, mix Turmeric and Honey.
- **Anaemia:** Every day, take a dose of 1 teaspoon of Turmeric juice mixed with Honey.
- **Asthma:** Boil 1 cup of milk and add 1 teaspoon Turmeric powder. Drink warm.
- **Burns:** Mix 1 teaspoon of Turmeric with 1 teaspoon of Aloe Vera gel, and apply to burnt area.
- **Conjunctivitis:** Mix 1 tablespoon of crushed raw Turmeric in 1/3 cup of water. Boil and sieve. Use 2-3 drops of this mixture in each eye, up to 3 times per day.
- **Dental Problems:** Mix 1 teaspoon of Turmeric with 1/2 teaspoon of Salt. Add Mustard Oil to make a paste. Rub the teeth and gums with this paste twice daily.
- **Diabetes:** Take between 1/2 teaspoon and 1 teaspoon of Turmeric 3 times per day.
- **Diarrhoea:** Take 1/2 teaspoon of Turmeric powder or juice in water (or with Yoghurt), 3 times per day.
- **Pain/Swelling:** Mix 1 teaspoon of Turmeric and 2 teaspoons of Ginger with Water to make a paste. Spread over a cloth, place on the affected area (pain), and bandage. Also, add 1 teaspoon of Turmeric to 1 cup of Warm Milk, and drink before bed.
- **Other:** Turmeric also assists Gallbladder, Premenstrual discomfort, Eczema, Endometriosis, Cataracts, Immune System, Melanoma, Heart/Cardiovascular conditions, Cholesterol, Liver, Colon, Coughs/Colds (take with Ghee), Alzheimer's disease, Piles (Turmeric/Onion/Mustard Oil paste on rectal area), Allergies, Hayfever, Boils, Menopause, Heel Spurs, Bunions, Fatigue, Goiter, Sinus, Migraine/Headache, Obesity, Itching, Bruises, Inflammation, Eye Conditions, Respiratory conditions, and more.
- **Use Glutamine When Taking Turmeric:** It is recommended to use Glutamine, at least 20 grams per day, with Curcumin, to make it maximally effective.