

# Week 19 (2016)

## Don't Use It For Curry!

When I am inevitably asked, “What’s the one thing I can take to best protect my health on a limited budget, especially when replacing Pharma drugs?” it is easy to answer. No natural compound compares to curcumin for its all-around potential.

### Studies

Curcumin is the only substance that comes with studies for preventing (and treating?) just about every major concern we have including cancer, heart disease, cataracts, arthritis, psoriasis, chronic inflammation, depression, inflammatory bowel diseases, pancreatitis, hyperlipidemia, diabetes, liver disease, and the greatest fear of all, Alzheimer’s.

**There are over 1800 studies on PubMed for Curcumin alone.**

Of course for a really healthy future I also advise that this is followed alongside my really healthy foods diet and taking critical missing minerals not found in the food chain.

### Don't Use It For Curry...

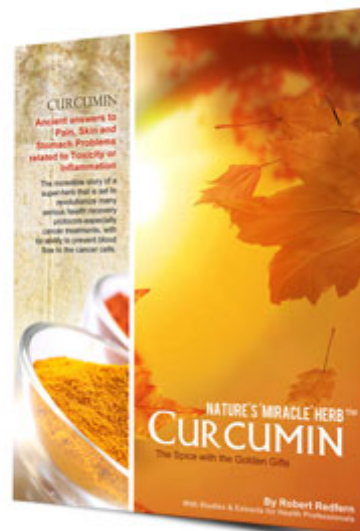
Curcumin is NOT what you put into curry. That is turmeric. Nothing makes my blood boil as much as articles in magazines and newspapers saying ‘eat more curry to get healthy’. These articles are referring to turmeric, a spice used in Asian foods that contains a tiny spec of curcumin extract. Add turmeric to your foods by all means but don’t expect it to save your life as it would when taking curcumin. Please be aware that less than 0.1% of turmeric is absorbed as curcumin.

### FREE Curcumin e-Book:

If you haven’t already read my e-Book on Curcumin and if you would like more information then [download my Curcumin book](#). This book is available for free download and goes into detail about the history of Curcumin and how it can help to attack some of the most serious diseases.

### Curcumin Absorption?

Even curcumin is not an easy supplement to absorb and less than 6% of an ordinary curcumin capsule is absorbed in the digestive tract. I first introduced curcumin formulations back in 2002 (Curcumin95) and used a black pepper extract called bioperine, which doubled (x2) the absorption but still meant a lot was wasted. This was the best option available at the time.



## **Better Absorption**

When I was re-formulating a few years ago and with developments I chose a 'super curcumin' bound to a fat (MERIVA curcumin), as I was impressed with studies showing it was over 23 times more utilizable than ordinary curcumin (published study).

**An unpublished study shows it is 45 times more utilisable!**

## **Curcumin Formulations:**

I have used this 'super curcumin' in two different ways (formulations) to make the benefits as specific as possible:

- The first is 180 x 200mg capsules of super Curcumin bound to a fat, which gives the most utilizable curcumin available. This can be used for anything and taken in very high doses in urgent cases or small daily doses just for protection. This is called **CurcuminX4000**, [click here](#) for more information.
- The next is my formulation that contains 90 x 250mg of super Curcumin bound to a fat, 50mg of Ecklonia Cava (Seanol) an extract from seaweed, 80,000iu of Serrapeptase and 1000iu of Vitamin D3. This gives a much wider range of benefits both for urgent cases as well as small daily doses just for protection. This is called **Serranol**, [click here](#) for more information.