

Week 44 (2016)

2000x better Than Turmeric?

Curcumin has been at the forefront of my recovery plans for 16 years. It was so rare when we first introduced it and because of handling problems it was difficult to find a lab to produce supplements in the USA. Our first offering was in tablet form from a single specialist lab in France. It took a few years to persuade labs in the USA that it was worth setting up the special encapsulation labs needed to work with Curcumin. The challenge is that due to its small molecules they were so light they would not easily flow into a capsule.

What is Turmeric?

I am sure you know but in case you have just arrived on this planet, turmeric is an inexpensive spice that has been used for thousands of years for its health benefits, food flavouring, as a morning health drink (in coconut milk) and as a dye for cloth.

What is Curcumin?

Curcumin is an extract from turmeric that provided numerous benefits that built its reputation as a health food. Only 2% by weight of Curcumin can be extracted from turmeric so therefore you would need to consume 50x more turmeric to consume the same amount by weight of turmeric.

Even Worse?

Curcumin does not easily pass through the intestines into the bloodstream and only approx. 7% of the curcumin in a capsule will pass through. The rest simply ends up in the toilet. Most companies now mix the Curcumin with piperine that is an extract of black pepper to increase absorbability of curcumin.

Even Better News!

I did use this formulation up to 8 years ago but then found something better. It was well known that taking turmeric with a fatty meal improved the health benefits. A lab in Italy managed to bind the tiny molecules to a fat (lecithin) that made it easier to encapsulate. There was even better news when they conducted studies to compare not just absorbability but effectiveness of this delivery system compared to ordinary curcumin. The studies show better results with health outcomes of between 2,300% – 4,000% compared with curcumin. This superior curcumin is called CurcuminX4000 and the results in every day circumstances are outstanding

Do I need Curcumin?

Cancer prevention is a good enough reason for everyone to take it everyday of their lives but these are a few of the positive clinical trials but you will get the idea from the samples below of why I take CurcuminX4000 every day. I can honestly say CurcuminX4000 is possibly the world's greatest healer.

- **Boosts working memory, reduced mental fatigue and enhanced mood...in 1 hour**

Journal of Psychopharmacology

- **Equals 1 hour of daily aerobic exercise for better heart health**

Journal of Nutrition Research

- **Lengthens healthier lifespan by 25%.** That's the equivalent of adding 15-20 healthy years to your life on average!"

Age Journal

- **Promotes radiant skin.** Found to inhibit a key enzyme that prevents elastin from forming by up to 65%. Elastin is essential to smooth, young skin.

Journal BioMed Central Complementary and Alternative Medicine

- **Supports healthy inflammation levels.** After an exercise regimen, patients taking curcumin saw their markers of inflammation reduced by 25% compared to the placebo.

University of North Texas

- **Supports and helps maintain telomere length.** Telomere shortening is now proven as the #1 cause of aging. So it's the equivalent of freezing time!"

University of Newcastle

- **Supports healthy blood pressure levels.**

Journal of Renal Nutrition

- **Supports healthy blood sugar levels.** 100% of people taking curcumin had a healthier response to insulin.

Journal of Diabetes Care

- **Supports healthy triglyceride levels.** Patients taking curcumin experienced a 60% improvement in maintaining healthy fat blood levels.

Journal of Phytotherapy Research

- **Supports joint comfort and easy, pain-free mobility.** People taking curcumin saw pain scores drop by 60%...and stiffness scores drop by 73%.

Journal of Alternative Medicine Review

- **Supports hassle-free, smooth digestion.** Two-thirds of patients taking curcumin experienced healthy gut performance.

Journal of Alternative and Complementary Medicine

- **Supports sharp vision and healthy eyes.** 100% of the people who took curcumin saw support for healthy middle layers of eyeball tissue.

Journal of Phytotherapy Research

- **Supports clean, free-flowing arteries.** Patients taking this pill saw 26% of gunk unclogged from their arteries.

*Study presented at the American Heart Association's
Basic Cardiovascular Sciences Annual Conference*

- **Reduces risk of a sudden cardiac event by 56%.**

American Journal of Cardiology

CurcuminX4000 delivers the highest proven (in studies) therapeutic effect of any curcumin product available and is essential for over 600 conditions. It is shown to be effective for this as shown in studies.



2300% to 4000% more utilizable means better results and healthier bodies.

CurcuminX4000 contains 180 caps per bottle and delivers 200mg Meriva (root) Curcuma longa extract per cap, **600mg per suggested serving** (3 caps).

For CurcuminX4000 [SHOP HERE](#)

CurcuminX4000 is also included in **SERRANOL**.



Serranol contains x90 caps per bottle and each serving (1 cap) delivers:

- CurcuminX4000 (250mg)
- Serrapeptase (80,000iu)
- Vitamin D3 (1,000iu)
- Ecklonia Cava Extract (50mg)



It has been used by thousands of happy readers for various lung problems and those just wanting a good long term all round health supplement.

For Serranol [SHOP HERE](#)

Please read more on your condition when you [download my eBook](#) for good health.

Or check the full lifestyle plan to clear your condition and achieve good health. Obviously curcumin is the critical supplement for preventing cancer.