

Week 51 (2017)

It's Important You Know That...

Turmeric Is NOT Curcumin

Long-time readers will know my passion for Curcumin and the almost incredible benefits you can receive from taking it. The issue of my newsletter today is again, about me venting my frustration at the deception (or pure ignorance) when marketers (and some scientists) use the word Turmeric and mix it up with the word Curcumin.

They are not the same!

Turmeric

Turmeric is a plant. The root of turmeric is a common yellow Asian spice used to flavour foods as well as being used as a tonic over thousands of years. It is great for cooking and fantastic as a tonic.

It is not Curcumin!

Curcumin

Curcumin is a substance (called a curcuminoid) extracted from the root of the turmeric in tiny amounts. Curcumin has many studies showing that it has amazing healing anti-bacterial, anti-inflammatory, antiviral and antifungal properties.

Curcumin Studies

Curcumin is a substance (called a curcuminoid) extracted from Turmeric. If you search MEDLINE (PubMed) on the internet there are over 1,800 studies already listed for Curcumin and many of them show: Cancer (cell growth), Skin Cancer (conditions of the skin), Arthritis, Alzheimer's Disease, Digestive System Disorders, Lung Disease, Bacteria, Viruses, Fungi, Parasites, Heart Disease and Liver Damage. As you can imagine, there are far too many to mention!

To confuse the issue, many of the studies mention the study is for Turmeric when they mean Curcumin. This is an example of the sloppiness of many scientists.

Beware

Many marketers use this confusion to sell Curcumin diluted with Turmeric – but beware. Curcumin is the active ingredient, and Turmeric is a cheap kitchen spice used instead of the real Curcumin to bulk it out.

For 15 years, I have worked with Curcumin and have recommended this amazing ingredient to help support a broad range of health problems. Whether you are just researching for general health or whether it is for a more serious health recovery plan...Curcumin must be part of the answer you need.

It is so good I recommend it as a prime treatment for cancer. I doubt whether doctors will ever recommend this to you. The reality is that when something as good as this comes up against Big Pharma, it will always be suppressed (despite the 1,800 studies!)



That's why I wrote my eBook that details the whole background on this unique nutrient. From my eBook you will:

- Get a good understanding of Curcumin
- Its historical use
- Discover the role that Curcumin can play when battling disease
- Identify whether Curcumin can help you

I also have dozens of articles on www.NaturallyHealthyNews.com, which you can find by searching for 'Curcumin'.

Here are some links to ones based on studies that I know you will find interesting:

[How Curcumin May Reverse Tobacco Induced Damage In Lungs](#)

[8 Unbelievable Ways That Curcumin Can Naturally Boost Your Health](#)

[Curcumin 'Faster and More Effective' At Shrinking Aggressive Mesothelioma Tumors](#)

[Why Curcumin Is Better Than Ibuprofen...And Women Absorb it Faster!](#)

[7 Ways Curcumin Naturally Makes Skin Beautiful](#)

[Curcumin May Help Recovery of Spinal Cord Injuries](#)

[Curcumin May Help with Sleep Deprivation](#)

[New Study Shows Curcumin Effective at Improving PMS](#)

[Could Curcumin Be The Solution To Type II Diabetes?](#)

[Curcumin Shows A 'Marked Improvement' In Memory After One Dose](#)

[Research Shows That Curcumin Can Block Cancer Cells](#)

[10 Health Boosting Benefits of Curcumin](#)

[Curcumin Shows Potential Benefits For Preventing Cataracts](#)

Absorption Is Critical

When taken as a supplement, VERY LITTLE Curcumin is absorbed and in studies, 25 capsules of ordinary curcumin were needed to get benefits. Therefore, I recommend a product that offers the best absorption!

The Curcumin that I recommend is called [CurcuminX4000](#) and this contains MERIVA and uses new technology to increase absorption.



A published study shows that this is up to x23 better than ordinary Curcumin while an unpublished study claims it could be x45 better! If you follow the instructions, one bottle will last approximately 2 months. You can take more depending on your critical requirements.

Exciting New Curcumin Formula

You may have read studies that show Curcumin is beneficial for many conditions of the brain, head, neck and throat. To get Curcumin absorbed into these areas when taken by capsules is difficult but the new aptly named [BRAINPOWER](#) solves all of these problems.

BrainPower contains Curcumin in a liposomal form, similar to my CurcuminX4000, but in a liquid form that can be absorbed in the mouth and into the bloodstream serving the brain, neck and throat.



As well as Liposomal Curcumin, BrainPower also contains a revolutionary ingredient called Liposomal RESVERATROL. Resveratrol is an antioxidant supplement sourced from the skin of red grapes and various berries. This may deliver all of the benefits of grapes without going via the digestive tract. The early studies show it may slow ageing.

Remember:

All diseases are caused by incorrect foods, lack of nutrients, not drinking enough water and not moving enough. Start today to correct these and move towards Good Health.