

## Week 09 (2019)

### Don't Take Turmeric

In spite of my previous protests, the media, journalists and even people on social media are still talking about Turmeric as though it is Curcumin.

#### It's not, turmeric is not curcumin

**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** 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 benefits due to its anti-bacterial, anti-inflammatory, antiviral and antifungal properties.

**CURCUMIN STUDIES** 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 which you see when you read further down. This is an example of the sloppiness of many scientists.

#### Beware

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 100% Curcumin to bulk it out.

For 18 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, then 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 and 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 Curcumin at [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com), which you can find by searching for 'Curcumin'.

**Here are a few links to recent ones based on studies that I know you will find interesting:**

[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 EVEN Curcumin is badly absorbed and in studies, 25 capsules were needed to get benefits. Therefore, I recommend a product that offers the best absorption! The Curcumin formulas that I recommend are:



**CurcuminX4000™** contains 180 x 200mg capsules of 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! Use at one per day for maintenance and up to 6 per day when its serious.



**BrainPower™** uses something I have pioneered for 18 years; Liposomal technology to enable the curcumin to absorb in the mouth to get to work in minutes. The powerful antioxidant Curcumin is combined with the antioxidant Resveratrol and together these provide protective benefits that have been shown to increase nutrient blood serum levels significantly. Taking a spoon makes it easy for elderly people or children.



**Serranol™** Is A Powerful Combination Formula Of Four Key ingredients In One Capsule. Contains 160K-SerraEnzyme, 250mg-Curcuminx4000, 50mg-Ecklonia Cava Extract and 1000iu Vitamin D3 to form a unique super supplement that studies show can target dozens of health and age-related issues. Available in delayed release capsule. 4 powerful nutrients in one makes it the first choice for many conditions.