

Week 25 (2019)

Don't Buy Turmeric

I often have many ideas about what to write for my next newsletter and then along comes an item of news that spurs me to hit the keyboard. Other than the fake studies from the Pharma/Medical Mafia, nothing makes my blood boil than misinformation regarding turmeric and curcumin.

A friend of mine alerted me to a full-page article in a UK newspaper, The Daily Mail. The article was confusingly praising the healing powers of turmeric, and yet quoting some really good results from studies on curcumin such as:

Daily Mail, switching backwards and forwards with turmeric and curcumin, they said: This compound may even improve the function of the insulin-producing cells in the pancreas, important for controlling blood sugar levels, as one early study, published in Diabetes Care in 2012, found. People with prediabetes (raised blood sugar levels) were given either a daily curcumin pill or a placebo — nine months later, none of those who took the curcumin pill had developed type 2 diabetes, while nearly a fifth of those given the placebo had the condition.

Another study in 2015 found that patients with the inflammatory bowel disease ulcerative colitis who took a high-dose curcumin supplement with their medication achieved remission after a month.

'Increasing evidence suggests curcumin reduces the levels of damaging inflammatory proteins released by our cells and therefore has the potential to help many inflammation-based diseases including arthritis, dementia, diabetes, heart disease and cancer,' says Professor Susan Hewlings, a dietitian at Central Michigan University who co-authored an extensive 2017 scientific review on the spice (it's not a spice).

'For instance, some studies have found taking it as an oral supplement may provide similar pain relief for arthritis sufferers to ibuprofen. However, we must be cautious as curcumin is classified as a food supplement, not a drug, so it hasn't been through rigorous placebo controlled trials in humans.'

A crucial factor that raises questions about the usefulness of shop-bought turmeric products is the concentration of the active ingredient. Medical research tends to use curcumin at very high doses — not just ground-down versions of whole turmeric plants that are commercially available.

In fact, eating turmeric — a common ingredient in curries, and more recently added to drinks such as lattes in coffee shops — is a pretty poor way of getting enough curcumin into your body.

'The research on turmeric's anti-inflammatory effects in the body is very promising,' says NHS dietitian Dr Sarah Schenker.

This is just a small extract of the article but it is enough to confuse anyone who knows that Turmeric and Curcumin are not the same.

I Repeat – Turmeric and Curcumin are not the same

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 about me venting my frustration at the deception (or

pure ignorance) when scientists and marketers 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 mixed with coconut milk, but, it is not Curcumin.

If it says Turmeric on the front of the bottle then beware what you are getting.

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 properties for its anti-bacterial, anti-inflammatory, anti-viral and anti-fungal 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 that 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, 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 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 VERY LITTLE Curcumin is absorbed and in studies, 25 Curcumin capsules were needed to get benefits. Therefore, I recommend my super absorbent products that offer the best absorption!



CurcuminX4000 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.

BrainPower Liposomal Curcumin and Resveratrol formula that provides natural anti-inflammatory protection. Resveratrol is a powerful antioxidant that can increase nutrient blood serum levels significantly. Curcumin delivers concentrated nutrients through liposomal delivery, to mimic the nutrient delivery in the body's natural form.

Serranol Powerful combination formula of four key ingredients in one capsule. Contains 160,000IU Serrapeptase, Curcuminx4000, Ecklonia Cava Extract and Vitamin D3 to form a unique super supplement for accelerated healing.

Remember:

Curcumin is one of the most effective health products on the market and is safe for young and old alike. **DO BUY TURMERIC** for food and drinks with my wholehearted recommendation.