

# 10 reasons you should eat more turmeric

Turmeric is a familiar spice for many people and is believed to be one of the most powerful herbs on the planet in preventing and preventing disease.

Turmeric is a familiar spice for many people and is believed to be one of the most powerful herbs on the planet in preventing and preventing disease. Turmeric has so many healing properties that there are now 6,235 published articles that show the amazing benefits of turmeric and curcumin - the famous healing compound extracted from turmeric - that works Use to protect the liver and increase the ability to know bile digestive fat Moreover, curcumin does not have too many side effects.

Here are 10 benefits of technology that you need to know.

## 1. Anticoagulation and anti-platelet aggregation

To slow and prevent blood clotting, medicine often uses the following drugs: Aspirin, Clopidogrel (Plavix), Diclofenac, Enoxaparin (Lovenox), Ibuprofen (Advil, Motrin .), Naproxen or Warfarin. However, for those with deep vein thrombosis or pulmonary embolism, treatment with these drugs is not a good option. Not to mention, they can cause many common side effects such as causing heavy bleeding, hemorrhage, headache or difficulty breathing.

Meanwhile, turmeric has almost no side effects except when used in very large doses.

## 2. Anti-depression



Although few studies have been done on humans, dozens of experiments with animals have shown that turmeric is really effective in treating depression.

To clarify this issue, Phytotherapy Research published the results of a breakthrough, excellent study in the past year. The study divided 60 participants with depression such as bipolar disorder into groups to determine if the patient would be treated with curcumin compared with fluoxetine (prozac) and a combination of both.

The results showed that curcumin is not only suitable for all patients but also has the effect of controlling depression as much as prozac.

### **3. Anti-inflammatory**

Oncogene magazine published the results of a study evaluating many types of anti-inflammatory compounds and found that aspirin and ibuprofen have the least antimicrobial effect. Meanwhile, curcumin is among the most effective anti-inflammatory agents.

According to health experts, some common diseases such as cancer, ulcerative colitis, arthritis, high cholesterol or chronic pain can all be caused by inflammation.

### **4. Treatment of arthritis**



Because of its anti-inflammatory and analgesic properties, curcumin is ideal for treating arthritis. A study conducted on 45 patients with rheumatoid arthritis also showed that the group using curcumin had a higher improvement percentage than those using arthritis (diclofenac sodium).

## **5. Treatment of cancer**

Experts insist that technology has a good effect on natural cancer treatment, especially breast cancer, colon cancer and skin cancer.

## **6. Control diabetes**

Many studies show that it is difficult to have natural therapies that reduce glucose levels and overcome insulin resistance better than adding turmeric to your daily diet.

A Auburn University study, conducted in 2009, found that curcumin is in fact more powerful than Metformin (a popular diabetes medicine) 400 times in activating AMPK (an enzyme). improve the sensitivity of insulin, thereby, support the treatment of type 2 diabetes effectively.

## **7. Treatment of digestion**

In addition to the above benefits, curcumin also works to support the control of inflammatory bowel disease, more effectively than the use of corticosteroids (a drug often chosen by doctors when treating this disease).

## **8. Adjust cholesterol**



Research done at Drugs' research and development department shows that curcumin works equally well, even more effectively than conventional diabetes medication when it comes to the ability to reduce cell damage by molecules. Free radicals and infections during treatment for people with high cholesterol.

## 9. Pain relief

One of the most widely recognized scientific effects of curcumin is its impressive ability to reduce pain. Currently, turmeric and some of these rich plants are being used to replace modern therapies.

## 10. Anti-inflammatory steroid

Psoriasis, lupus, rheumatism or chronic pain are usually treated with corticosteroids. However, they can be completely cured with turmeric.

In a clinical study conducted in 1999, scientists found that curcumin is capable of treating chronic eye inflammation.

Although there are many proven benefits, the use of turmeric in high doses can cause the following phenomena: nausea, diarrhea, increased risk of bleeding, increased liver enzymes, ease of gallbladder contraction, decreased blood pressure, uterine contractions in pregnant women or menorrhagia.

In addition, people who are using certain medications should also be cautious when using turmeric or turmeric foods and it is best to use it as directed by a doctor.

You finished reading the article "**10 reasons you should eat more turmeric**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.