



TURMERIC

By, Sai Shreeya Uetsa (5th Grade)

Turmeric (*Curcuma longa*), the main spice in the Indian dish curry, is arguably the most powerful herb on the planet at fighting and potentially reversing disease. It has so many healing properties that currently there are over 10,000 peer-reviewed articles published proving

turmeric benefits, especially one of its renowned healing compounds, curcumin. This puts turmeric on top of the list as one of the most frequently mentioned medicinal herbs in all of science. The next most popular studied herbs include garlic, cinnamon, ginseng, ginger and milk thistle.

Health Benefits of Turmeric:

When examining the research, turmeric benefits go beyond that of these listed here:

- Anti-inflammatory drugs
- Antidepressants (Prozac)
- Chemotherapy
- Anticoagulants (Aspirin)
- Pain killers
- Diabetes drugs (Metformin)
- Arthritis medications
- Inflammatory bowel disease drugs
- Cholesterol drugs (Lipitor)
- Steroids
- Skin Care
- Obesity
- Anti-cancer

It is also used for [headaches](#), [bronchitis](#), colds, lung infections, [fibromyalgia](#), fever, menstrual problems, [itchy skin](#), recovery after surgery, and cancers. Other uses include [depression](#), [Alzheimer's disease](#), swelling in the middle layer of the eye (anterior uveitis), water retention, worms, an [autoimmune disease](#) called systemic lupus erythematosus (SLE), [tuberculosis](#), urinary bladder and kidney problems.

Some people apply turmeric to the skin for pain, sprains and swellings, bruising, inflammatory skin conditions and soreness inside of the mouth, and gum disease.