



**STAY HEALTHY**  **BE NATURAL**

**INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION**

## **Turmeric**

The spice of wonders with a thousand virtues and benefits, is excellent to be included in our daily diet to promote the well being of the body.

**Nutritional values for 100 grams of ground Turmeric:**

**Calories 354 / Fat 10g / Saturated fatty acids 3.1 g / Polyunsaturated fatty acids 2.2 g / Monounsaturated fatty acids 1.7 g / Cholesterol 0 mg / Sodium 38 mg / Potassium 2.525 mg / Carbohydrates 65 g / Dietary fiber 21 g / Sugar 3.2 g / Protein 8 g / Vitamin A 0 IU / Vitamin C 25.9 mg / Calcium 183 mg / Iron 41.4 mg / Vitamin D 0 IU / Vitamin B6 1.8 mg / Vitamin B12 0 mg / Magnesium 193 mg**

Turmeric is a spice rich in beneficial properties. For example , the consumption of turmeric improves the functioning of the stomach and intestines and moreover helps to fight cholesterol, since it facilitates the disposal of excess lipids.

**Anti-inflammatory properties / Antioxidant properties / Choleric properties / Antitumor properties / Healing Properties / Digestive properties / Antidepressant properties / Antibacterial properties / Pain relieving properties / Detoxifying properties**

The benefits of turmeric on our health are now recognized by Western medicine, whose studies it has increasingly proved to be the focus over the last few years

**Prevents and reduces inflammation / Relieve joint pain / Benefits the brain and nervous system / is a natural pain reliever / Protects the liver / Helps digestion / Limits the action of free radicals / Strengthens the immune system / Prevents type 2 diabetes / Help the body detoxify/ Prevents bacterial infections / Promotes wound healing / Contributes to the efficacy of antidepressant drugs / Increases memory / Increases the brain's self healing capacity / Helps prevent and fight tumors**

It helps the body to cope with the inflammations that may be present in different areas of the body, for an example Turmeric is widely used to treat arthritis, also because in addition to inflammation it is also able to soothe pain. This spice, whose most important active ingredient is undoubtedly curcumin, is able to support the liver in its function, promotes digestion and is a powerful antioxidant, therefore able to counteract the action of free radicals, responsible for cellular aging.



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But it does not end there, this spice is able to strengthen our body and the immune system, and prevent type 2 diabetes. The action on the brain and nervous system is also very interesting: just one gram a day of turmeric would be enough to increase memory and it has even been seen how this spice improves the brain's ability to heal in the event of damage, such as those following a stroke. Then there are those who compare it to the effects of Prozac on depression. It was then proved that curcumin has great anticancer properties. A study conducted by the University of California noted how curcumin is able to block the action of an enzyme believed to be responsible for the development of tumors in the head, neck and of the oral cavity (in the latter case especially those caused by the human papillomavirus) Another research conducted on Michigan, has shown its importance in increasing the effectiveness of chemotherapy in the treatment of certain types of cancer

The recommended dose of turmeric to take every day range is from 3 to 5 grams, so about a tablespoon or so when consumed in powder. However studies have underlined that the problem of this spice is above all that bioavailability, or the difficulty for our body to be able to absorb it, therefore use it to the fullest, it has been seen that, to improve this aspect, it is excellent to combine it with a little black pepper (a pinch of a teaspoon is enough) and it is therefore necessary, on the advice of an expert, to take a titrated and standardized turmeric supplement that contains a quantity of active ingredient much higher than what you can ingest with the only food use of the spice .

### **How to use turmeric:**

Keep in mind that, to better maintain the properties of this spice it is good to use it raw, or put it only at the end of cooking, thus avoiding the dispersion of some of its nutritional principles. In addition, to better assimilate, it is excellent to combine it with a little pepper or fat (for example Olive oil). Remember these two important things even if you create new recipes. Another suggestion is not to take excessive doses (which can be counterproductive) and especially not to take it in case of gallstones (unless otherwise indicated by a doctor who will have evaluated the situation in the specific)



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#### Use in the daily diet:

**Together with ginger, chilli and cinnamon, turmeric is a real health spice.**

Enriching our daily diet with turmeric is not complicated at all. In fact, turmeric, with its delicate flavour, is suitable for enriching many dishes with taste and color. Such as

Golden milk, Soups, Risotto with turmeric, Turmeric tea, in various curry dishes, Golden honey for coughs and colds, Stuffed vegetables, Season with turmeric oil. in smoothies, juices and extracts, Pastas, custard, sweet and savoury cake mixes, Turmeric bread and many more.

In addition to being a spice in cooking, turmeric is used to prepare numerous natural remedies to be taken internally or to be applied to the skin and massaged

Turmeric face mask / Turmeric oil hair treatments / Turmeric supplements / Turmeric herbal tea / Turmeric decoction / Turmeric Golden milk / Golden honey for cough and cold / Turmeric anti-inflammatory packs / Turmeric bath salts / Pain relief massages / Turmeric anti-inflammatory candies / Turmeric oil

#### How to store Turmeric:

- Store fresh turmeric in the refrigerator
- Store ground turmeric in a cool, dry and dark place
- Store ground turmeric in clear jars
- You can grind the dried turmeric root in the food processor to pulverize it