



THIS WEEK'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Have you tried turmeric? It's a spice that has been used in India for centuries both in cooking and in medicine. Today in the West, we know it as a trendy superfood.

Turmeric's main active ingredient is called curcumin which is known to have anti-inflammatory and antioxidant effects. The presence of curcumin is the reason turmeric is so good for you. Check out the benefits of consuming turmeric below.

Turmeric may fight and prevent cancer.

Turmeric's ingredient, curcumin, has been found to help fight cancerous cells, reduce growth of new blood vessels in tumors and reduce the spread of cancer.

Turmeric is helpful in treating Alzheimer's.

Studies show that curcumin can cross the blood-brain barrier and improve inflammation and oxidative damage. It can also help clear amyloid plaques, another effect that plays a role in the disease.

Turmeric helps fight depression.

A study published in the National Institutes of Health compares a group of individuals who took Prozac and a group who took 1 gram of curcumin. The results show that both groups experienced similar improvements.



Pro tip: Consume turmeric alongside black pepper to help your body absorb it.