

I received this in an email from the Chopra Center and thought it worth sharing.

## Turmeric



### *This One Small Herb Gives BIG Health Benefits . . .*

This very small root packs a wallop. I prefer to use FRESH turmeric root, available at most grocery stores. I scrub it clean with a veggie brush then break off all the little fingers. Wrap EACH in clear wrap and store in the freezer. A small tub fits in the door shelf to keep it from rolling around and getting lost. Using a microplane, grate into any soup, sauce or smoothie that you don't mind if it turns orange in color. It melts like snow and offers you mazing health benefits. Those pieces too small to grate, rewrap and freeze until your next cup of tea!

If you're looking for a simple and delicious way to enhance your mind-body health, the beautiful yellow spice known as turmeric is a pharmacy unto itself. A wealth of scientific studies has demonstrated the health benefits of turmeric on the digestive, cardiovascular, rheumatic, and immune systems. As recent research shows:

- \* Turmeric has a protective effect on the liver and can help reduce elevated blood cholesterol levels.
- \* In the treatment of arthritis, turmeric, when used alone or in combination with other herbs, can reduce pain and stiffness.
- \* Several studies in animals have demonstrated that turmeric can prevent or inhibit the development of certain cancer cells.
- \* Turmeric has a soothing effect on the digestive system and can help reduce the risk of ulcers due to stress or medication.
- \* As a natural antibiotic agent, turmeric can inhibit the growth of bacteria, yeast, and viruses.

One of the primary active ingredients in turmeric is curcumin, which contains anti-inflammatory and antioxidant properties and can inhibit the growth of cancer cells. As researchers have found, curcumin is not easily absorbed by the body, but a chemical known as piperine in black pepper can increase the amount of curcumin your body can absorb. Turmeric and pepper are components of most curry powder blends, and you can enjoy the benefits of this natural healing ingredient in soups, sautéed vegetables, and other delicious dishes.

If you are interested in learning more about healing herbs and other holistic health practices that can transform your life and your health explore the Chopra Centers "Perfect Health Ayurvedic Lifestyle immersion workshop". Experience daily rejuvenating massages, learn about your personal dosha, and gain skills that you can incorporate into your daily life today.