

Zinc & Turmeric

I've never taken **Zinc** as a supplement. I assumed I got plenty from all the FARM FRESH veggies I eat. However, with the world wide pandemic of Covid-19 lingering around after a year, when I got an email from a friend recommending adding it and turmeric to my daily supplements to help strengthen our immune system . . . I thought why not. So I added 50 mg of zinc daily.

Natural Factors is a brand I trust. They always answer my email questions quickly.

I forward my friends message to my e-list. A week later a friend sent me back a message thanking me profusely. She said she was already taking turmeric daily but decided to add the Zinc. 12 years ago she totally lost her sense of smell. Just after a week of adding the Zinc to her daily supplements her sense of smell is slowly returning!

Chef Jose Andres calls himself a pilgrim from Spain - a chef who arrived in the United States 20 years ago with just \$50 in his pocket and a set of cooking knives. But these days it's hard to call him anything less than an amazing American success story. Check out his Global Disaster Response Efforts.

Andres' personality is enormous, as are his plans to charm America into changing its eating habits. But it's his avant-garde approach to cooking that has really made him famous, and has his diners rethinking how much fun food can be. "Eating has to be fun, has to be a social event, but where you have fun that you are relaxed. are relaxed, doesn't mean that you cannot be putting a lot of thought behind what eating, what the food means to you."

Makes me wonder if people with LOW zinc levels are more susceptible to viruses. I just know I believe I am feeling better since I added both zinc and turmeric to my daily supplements.

I still use fresh **Turmeric** root every chance I get. When I buy it I make sure it is firm and not soft. The harder it is the FRESHER it is - thus higher in nutrients. As soon as I get it home I scrub it clean. Wrap in clear wrap and toss in the freezer to maximize it health benefits.

To use I simply grate frozen into any soup, sauce or veggie that I don't care if it turns orange in color. It is also in my homemade Elderberry Syrup.

Great article about Turmeric from Dr. Chopra on page 34 in Volume 6.

