What is Turmeric?
Turmeric is a perennial plant of the ginger family, and its mustard yellow powder is commonly used as a culinary spice in South Asia. However, Turmeric also has an active medicinal ingredient called Curcumin which has many anti-inflammatory, anti-oxidant, and anti-bacterial properties.

What are the Benefits of Turmeric?
The health benefits of Turmeric have been recognized by Chinese and Ayurvedic medicine for hundreds of years. It has been used to treat everyday problems such as indigestion and flatulence, as well as more serious problems such as arthritis, Alzheimer's disease, cancer, diabetes, HIV, high cholesterol, heartburn, jaundice, liver disorders, and menstrual disorders. Turmeric can also be applied topically in poultices to reduce inflammation and to relieve wounds, cuts, and bruises.

Uses of Turmeric

Alzheimer's Disease
Inflammation inside of the brain has been suspected to be one of the contributing factors in the development of Alzheimer's disease. Studies have shown that Turmeric has anti-inflammatory and anti-oxidant activity. Therefore, regular daily consumption of Turmeric capsules may be an effective way to prevent the onset of Alzheimer's.

Arthritis
Due to its anti-inflammatory and pain-relieving properties, it is not surprising that Turmeric is now being used as an effective natural remedy for Arthritis pain. Therefore, taking 500mg to 1000mg Turmeric capsules three times per day may provide significant relief from osteoarthritis pain.

Asthma
Since turmeric is an anti-inflammatory, it can help reduce the inflammation associated with asthma. Add 1 teaspoon of turmeric powder to a glass of warm milk, and drink this mixture as an effective asthma home remedy.

Cancer

This is information that I gathered from the internet. This has nothing to do with Enagic and Kangen UKON Hanbai Co. It has everything to do with the main ingredient in the UKON Sigma (Turmeric).
Enjoy,
Tamia.
Several recent studies have found that Turmeric can induce apoptosis, a process that triggers the self-destruction and elimination of damaged (cancerous) cells. Further research is still required before the full effects of Turmeric on cancer cells can be determined. However, existing studies suggest that daily Turmeric powder or supplements combined with a balanced, nutritious diet may help prevent or even destroy cancer cells.

Colds and Flu
Turmeric's anti-bacterial, anti-viral, and anti-fungal agents can help our body fight against colds, cough and flu. Therefore, when symptoms of these infections are present, simply mix one teaspoon of Turmeric powder into a glass of warm milk once per day. Also drink plenty of water throughout the day.

Diabetes
Recent studies have shown that the antioxidant agents in Turmeric help reduce insulin resistance, which may prevent the onset of Type-2 Diabetes. Therefore, a simple preventive remedy is to take one teaspoon of turmeric powder twice a day with meals. Curcumin extracts or capsules can also be used as an alternative to the powder.

Inflammation
Turmeric's key ingredient Curcumin is known for its anti-bacterial and anti-inflammatory properties. Therefore, Turmeric powder can help in healing cuts, wounds, and other skin infections including boils.

1. Heat one cup of Flax Seed Oil in a small saucepan on the stove.
2. Thinly slice a small onion and add it to the hot oil.
3. Fry the onions until they are dark brown and crunchy.
4. Remove the brown onions and mix 2 tablespoons of Turmeric powder into the oil.
5. Turn off the stove and let the oil cool down to a temperature that is comfortable to touch.
6. Using a cotton swab, apply a small amount of the oil onto the injured or infected skin area.
7. Apply this three times per day until the wound or infection is cured.
8. Save the remaining oil into an airtight container for future use.

For internal injuries, fractures, sprains, and herniated disks, dip a piece of unbleached cotton fabric into the warm Turmeric oil. The fabric or cotton pad should be large enough to cover the outer skin of the affected area. Secure it in place and leave this cotton pad on overnight.
You can also add one teaspoon of turmeric powder into a warm glass of milk and drink it before going to bed to prevent internal inflammation and infections.

Weight Loss
Curcumin in Turmeric powder has been found to help increase the flow of bile, an important component in the breakdown of dietary fat. Therefore, taking one teaspoon of Turmeric powder with every meal may be an effective weight loss aid when combined with a healthy diet and exercise program.

What are the Side Effects of Turmeric?
Moderate use of Turmeric powder as part of regular diet is fairly safe, and recent studies have found that a dosage of 500mg capsules of Turmeric three times per day is safe. However, prolonged consumption of high doses of Turmeric extract may cause stomach or liver distress, as well as dehydration and constipation. Therefore, it should be avoided by people with gallstones or bile obstructions. If you are currently taking blood thinners (including Aspirin), you should consult your doctor before taking Turmeric since it is an anti-platelet (prevents blood clots).

Where and How to Buy Turmeric
Turmeric powder can be purchased at many Indian/Pakistani grocery stores. However, Curcumin concentrations can be up to 18 times higher in capsules and tablets compared to powdered Turmeric spice. Therefore, Turmeric supplements which can be found in many natural or health food stores are recommended for maximal health benefits.

This is information that I gathered from the internet. This has nothing to do with Enagic and Kangen UKON Hanbai Co. It has everything to do with the main ingredient in the UKON Sigma (Tumeric).

Enjoy!
Tamia.
Turmeric offers powerful anti-cancer benefits without side effects

Andre Evans
NaturalSociety
January 18, 2012

Turmeric comes from the root of the Curcuma longa plant, found in Indonesia and southern India, and is known for its widespread use in many South Asian and Middle Eastern countries. Widely used as a spice, it increasingly has been recognized as a powerful medicinal remedy that influences many aspects of your health. Most notably, turmeric has been found to reduce tumors by an astounding 81%.

In turmeric is also something known as curcumin, a natural phenol. Named for the plant from which it’s derived, curcumin is the pigment that gives turmeric its distinctive color. It is thought to be the source of the many medicinal effects turmeric is being known to have. Curcumin alone is known to positively impact over 560 diseases according to peer-reviewed research.

The powerful benefits of turmeric & curcumin

Among these, turmeric can be recognized for its ability to improve your digestive system and metabolism. It also improves your body’s ability to eliminate wastes and toxins and digest various proteins and fats. This is why traditionally, turmeric
Curcumin, and subsequently turmeric, have also been found to have some stunning anti-Alzheimer’s properties. This may be due to the powerful anti-inflammatory effects of curcumin that have been well-documented in many studies.

Turmeric also acts as a multi purpose body cleanser, promoting and protecting kidney function while also enhancing your blood flow. Positive effects on cardiovascular function and cholesterol balance have also been observed. Having antioxidant properties, it also helps to attack free radicals and promote overall health. If this were not enough, turmeric has a significant role in cancer prevention. In populations where turmeric is broadly used like India and the Middle East, cancer rates are lower. Turmeric has been found to prevent cancer cells from forming and spreading, as well as helping the body to destroy otherwise mutated cancer cells, prohibiting cancer from reaching mature forms.

Turmeric is common, inexpensive and provides a potent means for you to increase your overall health and biological functioning. With its regular application in your diet or daily supplement routine, you can expect to begin reaping its many health benefits.

Read more: http://naturalsociety.com/turmeric-offers-powerful-anti-cancer-benefits-without-side-effects/#ixzz25u0W3l81
The Awesome Top 10 Health Benefits of Turmeric: Can Turmeric Prevent Cancer?

SUBMITTED BY VIJAYANTH

JULY 15, 2012 - 7 WEEKS 6 DAYS AGO

Turmeric is a very important and valuable herb. It has many health and medicinal benefits. It can prevent cancer, it can be used in precancerous treatments. It's an anti-cancer agent. It's a powerful antioxidant. It has anti-inflammatory qualities as well. Please read more....

1. Cancer: It can prevent certain cancers such as breast cancer and prostate cancer.

2. Burns and cuts: It's natural antiseptic agent and it is used externally on cuts and burns in India.

3. Digestive disorders: It can be helpful in treating digestive disorders.

4. Liver diseases: It can protect you against liver diseases.

5. Cholesterol: It can help to reduce your cholesterol levels.

6. Arthritis: It can protect you against Arthritis.

7. Eye inflammations: It can be helpful in treating eye inflammations.

8. Inflammatory skin conditions: Turmeric can also be helpful in treating in inflammatory skin conditions.

9. Depression: Chinese use Turmeric to treat depression.
10. **Blood sugar:** It can also help to stabilize [blood sugar](#) levels.

The above information was found on the internet - it has nothing to do with Enagic and it’s Kangen UKON Hanbai Co.

---

**Health Benefits of Turmeric – The Best of a Truly Amazing Food**

**Naomi Woods**  
NaturalSociety  
February 3, 2012

Interested in the **health benefits of turmeric**? This magical spice is one of the best foods (or supplements) you can consume for your health. **Turmeric** is a plant that is common in South Asia, particularly India where it is widely used in the production of spices, and is the key ingredient in curry powder that gives the powder its yellow shade. The spice is also known for its medicinal properties and has been used in India for centuries as a **natural remedy for a multitude of ailments**.

**The Health Benefits of Turmeric**

While commonly used medicinally for decades, turmeric as an herbal medicine caught the attention of the modern world only recently. Scientists have only begun revealing the exact health benefits of this plant. Research and history shows how turmeric can be utilized to help treat or prevent many of the most common and serious health conditions. Here are some of the top health benefits of turmeric:
Turmeric powder has antibacterial and anti-inflammatory properties that make it an ideal antiseptic used in home remedies for wounds.

Possibly one of the most impressive of the top health benefits of turmeric, research has repeatedly shown that turmeric is a powerful cancer fighter. Curcumin is a naturally powerful anticancer compound found in turmeric that has been shown to decrease brain tumor size in animals by 81 percent in more than 9 studies. Researchers at UCLA have even found that curcumin is able to block cancer growth.

Further adding on to turmeric’s cancer-fighting abilities, the spice has also been shown to help prevent breast cancer. Curcumin has been found to possess properties that reduce the expression of deadly molecules within cancer cells, and can potentially slow the spread of breast cancer.

Turmeric can be used to naturally detoxify the liver.

The spice is a natural painkiller.

Research is beginning to show that turmeric may be effective at protecting against neuro-degenerative diseases such as Alzheimer’s disease. Epidemiological studies show that levels of neurological diseases like Alzheimer’s are very low in elderly Indian populations, where turmeric is a common spice.

May be beneficial in treating psoriasis.

Patients with myeloma could possibly be treated with turmeric in the near future.

More studies are currently being performed to reveal other health benefits of turmeric. Whether you use it as a supplement or to spice up your favorite dishes, turmeric will assist in keeping you healthy. As studies progress, turmeric is expected to be a key ingredient in the prevention and treatment of many of today’s diseases.

“Since curcumin is an antioxidant, anti-inflammatory and lipophilic action improves the cognitive functions in patients with AD. A growing body of evidence indicates that oxidative stress, free radicals, beta amyloid, cerebral deregulation caused by bio-metal toxicity and abnormal inflammatory reactions contribute to the key event in Alzheimer’s disease pathology,” says a study on PubMed.

This is information that I gathered from the internet. This has nothing to do with Enagic and Kangen UKON Hanbai Co. It has everything to do with the main ingredient in the UKON Sigma (Turmeric).

Enjoy!

Tamia.

---

20 Health Benefits of Turmeric

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.

2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.

3. Prevented breast cancer from spreading to the lungs in mice.
4. May prevent melanoma and cause existing melanoma cells to commit suicide.

5. Reduces the risk of childhood leukemia.

6. Is a natural liver detoxifier.

7. May prevent and slow the progression of Alzheimer’s disease by removing amyloid plaque buildup in the brain.

8. May prevent metastases from occurring in many different forms of cancer.

9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.

10. Has shown promise in slowing the progression of multiple sclerosis in mice.

11. Is a natural painkiller and cox-2 inhibitor.

12. May aid in fat metabolism and help in weight management.

13. Has long been used in Chinese medicine as a treatment for depression.

14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.

15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
16. Promising studies are underway on the effects of turmeric on pancreatic cancer.

17. Studies are ongoing in the positive effects of turmeric on multiple myeloma.

18. Has been shown to stop the growth of new blood vessels in tumors.

19. Speeds up wound healing and assists in remodeling of damaged skin.


~dr.azmi~

This information that I gathered from the internet. This has nothing to do with Enagic and Kangen UKON Hanbai Co. It has everything to do with the main ingredient in the UKON Sigma (Turmeric).

Enjoy,

Tamia.
Cancer treatments have become increasingly effective in recent years, but these advances obscure the fact that cancer is often preventable. Many wealthy nations are moving in the wrong direction — obesity rates are surging, people are less active and tobacco use, particularly among women, remains high.

Globally, there are about 2.8 million cancer cases a year linked to diet, physical activity and weight that could be prevented, according to the Fund.

The World Cancer Research Fund, using data from GLOBOCAN, a project by the International Agency for Research on Cancer, ranked countries by their incidence of cancer and found that wealthy nations topped the list. This is, in part, because these countries are better at diagnosing cancer but also because their citizens engage in more unhealthy behaviors. The data is adjusted to eliminate age differences since cancer is more common in older people.

Click to see the countries with the highest cancer rates:

1. Denmark
This is information that I gathered from the internet. **This has nothing to do with Enagic and Kangen UKON Hanbai Co.** It has everything to do with the main ingredient in the UKON Sigma (Tumeric).

Enjoy!

Tamia.

2. Ireland

3. Australia

4. New Zealand

5. Belgium
This is information that I gathered from the internet. **This has nothing to do with Enagic and Kangen UKON Hanbai Co.** It has everything to do with the main ingredient in the UKON Sigma (Turmeric).

Enjoy!

Tamia.

6. France

7. U.S.A

8. Norway

9. Canada
This is information that I gathered from the internet. **This has nothing to do with Enagic and Kangen UKON Hanbai Co.** It has everything to do with the main ingredient in the UKON Sigma (Tumeric).

*Enjoy!,
Tamia*

### 10. Czech Republic

<table>
<thead>
<tr>
<th></th>
<th>Country</th>
<th>Cancer Rate (age standardized)</th>
<th>Cumulative Cancer Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gaza Strip &amp; West Bank – Israel</td>
<td>54.9 per 100,000 persons</td>
<td>5.51</td>
</tr>
<tr>
<td>2</td>
<td>Syria</td>
<td>72.2 per 100,000 persons</td>
<td>7.71</td>
</tr>
<tr>
<td>3</td>
<td>Namibia Africa</td>
<td>78.3 per 100,000 persons</td>
<td>8.33</td>
</tr>
<tr>
<td>4</td>
<td>Sudan Africa</td>
<td>81.5 per 100,000 persons</td>
<td>8.61</td>
</tr>
</tbody>
</table>
Curcumin, the key chemical in turmeric, has been shown to possess very powerful health-promoting properties. Recent research has even found that curcumin can even prolong lives of fruit flies by 75 percent. While the research was done on insects, it highlights the life-promoting aspects of this powerful substance — along with mountains of other scientific research. The findings also shed light on how curcumin can slow the development of Alzheimer’s and dementia. This research provides a potential explanation of why rates of dementia are less common among the elderly in India, where turmeric is widely used in the production of spices.
Curcumin Shown to Cause Fruit Flies to Live 75 Percent Longer

A protein known as amyloid plaques has previously been shown to lead to Alzheimer’s. While curcumin has not been found to dissolve the damaging plaque, it does accelerate nerve fiber formation by reducing the amount of oligomers, which are thought to be harmful to the nerve cells.

Prof Per Hammarstrom, of Linkoping University in Sweden, said: “The results confirm our belief that it is the oligomers that are most harmful to the nerve cells…We now see small molecules in an animal model can influence the amyloid form. To our knowledge the encapsulation of oligomers is a new and exciting treatment strategy.”

This certainly isn’t the first time turmeric has been shown to prolong life. Researchers experimenting with curcumin in the treatment of a fatal brain cancer known as glioblastoma (GBMs) published groundbreaking findings, where curcumin was shown to decrease brain tumor size in animals by 81 percent in more than 9 studies. To add to the fantastic news, there was no evidence of toxicity, which is what one could expect from chemotherapy and other cancer treatments which often result in extreme side effects. In fact, cancer drugs have been found to kill patients more quickly and spawn mega tumors!

On a similar note, researchers at the UCLA also found that curcumin exhibits cancer-blocking properties. Using 21 participants suffering from head and neck cancers, the lab found that the enzymes in the patients’ mouths responsible for promoting cancer spread and growth were inhibited by curcumin supplementation. The ingestion of curcumin intake blocked the spread of the malignant cells.

The health benefits of both turmeric and curcumin as an herbal medicine is currently catching major attention. Turmeric possesses antibacterial and anti-inflammatory properties, acting simultaneously as an antiseptic used for treating wounds and as a solution for inflammatory complications. Turmeric supplements are quickly becoming a ‘must-have’ for every household. It is common, inexpensive, and provides potent health-promoting with simplicity – so much so that it has been found to positively affect over 530 diseases. Even with the smallest amount of turmeric you will undoubtedly see incredible improvements in your health.
Turmeric, Curcumin Naturally Block Cancer Growth

Anthony Gucciardi
NaturalSociety
January 29, 2012

Turmeric and curcumin have been highlighted as powerful anti-cancer substances in the past, but research has now shed even more light on the amazing ability of both turmeric and curcumin to actually block cancer growth. This is due to the unique ability of a main component in turmeric that is actually able to block an enzyme that promotes the spread of head and neck cancer.

Researchers at UCLA found that curcumin — the primary component in turmeric also responsible for its color — exhibited these cancer-blocking properties during a study involving 21 participants suffering from head and neck cancers. The subjects were given two chewable curcumin tablets containing 1,000 milligrams of the substance each. After administering the chewable curcumin tablets, an independent lab in Maryland was in charge of evaluating the results.

What the lab found was that the enzymes in the patients’ mouths responsible for promoting cancer spread and growth were inhibited by the curcumin supplementation. As a result, the curcumin intake halted the spread of the malignant cells. Curcumin has previously been found to reduce tumors by 81% in similarly shocking research, which also gives credence to the natural anti-cancer benefits of turmeric and curcumin intake.
While the benefits of turmeric have not been widely publicized in the United States, turmeric is known for its widespread use in many South Asian and Middle Eastern countries. Utilized as a spice in traditional dishes, many cultures have already fully recognized the powerful health-promoting aspects of turmeric. Perhaps the best part about turmeric is the fact that it is very cheap compared to highly ineffective cancer drugs that have actually been shown to worsen tumors conditions and kill patients. As more health professionals begin to realize the attributes of turmeric and curcumin, it is very possible that it could become as popular and widespread — if not more so— than super-nutrient vitamin D.

Read more: http://naturalsociety.com/turmeric-curcumin-naturally-block-cancer-cells/#ixzz25u1q0kBm

Curcumin, Turmeric Proven Effective at Preventing Parkinson’s Disease

Mike Barrett
NaturalSociety
March 23, 2012

Parkinson’s disease is experienced by more people than those suffering from multiple sclerosis, muscular dystrophy, and Lou Gehrig’s disease combined. It is estimated that 7-10 million individuals are living with Parkinson’s worldwide, with 96 percent of diagnoses occurring after the age of 50. What these millions of people need to know is that their disease can be helped with numerous natural remedies. A compound from an ancient herb known as turmeric is one of those remedies.

Curcumin, Turmeric Proven Effective at Preventing Parkinson’s Disease

New research shows that curcumin, a natural phenol and compound of turmeric, is proven to be effective at preventing Parkinson’s disease by disrupting proteins involved in the development of Parkinson’s disease. Basir Ahmad, an MSU postdoctoral researcher, previously led a team of researchers who demonstrated that ‘slow-wriggling’ proteins can cause clumping and aggregation — the first step in the development of diseases like Parkinson’s. Now, Ahmad
and his team have shown that curcumin is effective at preventing this clumping by “rescuing the protein from aggregation” and subsequently halting the development of Parkinson’s disease.

“Our research shows that curcumin can rescue proteins from aggregation, the first steps of many debilitating diseases…More specifically, curcumin binds strongly to alpha-synuclein and prevents aggregation at body temperatures” says Lisa Lapidus, MSU associate professor of physics and astronomy who co-authored the paper with Ahmad.

Being aware of natural alternatives for Parkinson’s disease is crucial. It was recently reported that a pharmaceutical drug known as Mirapex, which is a medication pushed on those suffering from Parkinson’s, is actually responsible for causing the greatest amount of side-effects related to compulsive behavior. Combine this with the health-destructive nature of all pharmaceuticals, and you will be happy to know of the natural alternatives.

Instead of resorting to medications, brain exercises have been shown to provide significant relief to Parkinson’s patients. In addition, tai chi can improve balance and lower the risk of falls in those suffering from mild or moderate Parkinson’s disease. Of course turmeric can be utilized alongside with these solutions, and you’ll be giving your body one of the most powerful and health-promoting foods at the same time.

Read more: http://naturalsociety.com/curcumin-turmeric-proven-effective-at-preventing-parkinsons-disease/#ixzz25u2fux2q
Research is lending even more reason to amp up spice use on a daily basis, with spices such as turmeric, cinnamon, and cloves normalizing insulin and triglyceride levels while boosting antioxidant defenses. Keeping triglyceride and insulin levels low effectively reduces your risk for numerous health conditions like metabolic syndrome, diabetes, and the number one leading killer — heart disease.

**Turmeric Shown to Cut Heart Disease, Diabetes Risk**

Mike Barrett  
NaturalSociety  
March 13, 2012

Study conductor Shelia West found that the levels of triglycerides, a type of fat, decreased by approximately a third in a meal prepared with spices. The decrease even occurred when oily sauces high in fat were present. The research, published in the journal *Nutrition*, shows how extremely simple dietary changes can have such a positive influence on health.

“Normally, when you eat a high-fat meal, you end up with high levels of triglycerides, a type of fat, in your blood…If this happens too frequently, or if triglyceride levels are raised too much, your risk of heart disease is increased. We found that adding spices to a high-fat meal reduced triglyceride response by about 30 per cent, compared to a similar meal with no spices added,” West says.
Although many spices have been shown to boost health, turmeric is especially gaining massive recognition for its incredible ability to fend off illness and disease. Shown to positively impact over 560 diseases, with the new study showing diabetes, metabolic syndrome, and heart disease to be among them, turmeric is rising to the top of the health spectrum. A main component in turmeric, known as curcumin, has even been shown to block cancer growth by inhibiting a cancer-promoting enzyme.

“To me, the biggest advantage [found in the study] is the lowering of triglycerides and the insulin levels [which dropped about 20 percent],” says cardiologist Ravi Dave of the University of California, Los Angeles who has reviewed West’s spice research.

Recognizing the health benefits of turmeric, other spices, and healthy foods in general is a necessary step to overcoming the ‘need’ for harmful pharmaceuticals. Instead of living a lifestyle that breeds health complications, preventing illness and disease should be sought after first and foremost. Being aware of the health-promoting foods which can be found with ease every single day will enable you to prevent illness, rather than turning to side-effect riddled pharmaceuticals designed to keep you sick.

The benefits of turmeric are just hitting the mainstream light, and its inexpensive nature makes it very simple to acquire virtually worldwide.

Turmeric Naturally Fights Heart Attacks, Strengthens Heart

Mike Barrett
NaturalSociety
April 19, 2012

Turmeric has been shown to generate incredible overall health benefits. The main active compound in turmeric, curcumin, is often responsible for turmeric’s benefits due to its anti-cancer, anti-inflammatory, and antioxidant properties. Recent research points out not only how turmeric is fantastic for overall health, but how it can be utilized to fend off one of the leading killers in the modern world. The research shows how extracts from turmeric can help stave off heart attacks in individuals who have had recent bypass surgery.

Turmeric Naturally Fights Heart Attacks, Strengthens Heart

For the research, study conductors examined 121 patients who had undergone non-emergency bypass surgery between 2009 and 2011. Half of the patients were given one-gram curcumin tablets to be taken four times daily, while the other half of patients were given drug-free placebos. Both groups were to begin taking the capsules 3 days before the surgery and for five days following surgery.

“Previous studies have shown that curcuminoids decrease proinflammatory cytokines during cardiopulmonary bypass surgery and decrease the occurrence of cardiomyocytic apoptosis after cardiac ischemia/reperfusion injury in animal models….In conclusion, we demonstrated that curcuminoids significantly decreased MI associated with [coronary artery bypass grafting,] CABG. The
antioxidant and anti-inflammatory effects of curcuminoids may account for their cardioprotective effects shown in this study,” the study reads.

It was found that during post-bypass hospital stays, 13 percent of patients taking the curcumin capsule had a heart attack, while 30 percent experienced a heart attack in the placebo group. Wanwarang Wongcharoen from Chiang Mai University and his colleagues calculated that people taking curcumins had a 65 percent lower chance of heart attack. It is likely thanks to the antioxidant and anti-inflammatory properties of curcumin, which may have helped limit heart damage.

“Curcumin has for many years now been shown to reduce inflammation and to reduce oxygen toxicity or damage caused by free radicals in a number of experimental settings.” said Jawahar Mehta, a cardiologist at the University of Arkansas for Medical Sciences in Little Rock, who didn’t work on the study.

Amazingly, curcumin has been found to benefit over 560 negative conditions including: Alzheimer’s disease, oxidative stress, DNA damage, inflammation, HIV infections, and cancer. Studies performed on lab mice showed that curcumin also effectively treated kidney problems and restored kidney functions. The world of modern medicine has discovered that curcumin is also effective in the treatment of diseases and in the prevention of cancer, exemplified in one study where curcumin reduced brain tumor size by 81%.

Read more: [http://naturalsociety.com/turmeric-naturally-fights-heart-attacks-strengthens-heart/#ixzz25u3gC7VW](http://naturalsociety.com/turmeric-naturally-fights-heart-attacks-strengthens-heart/#ixzz25u3gC7VW)
Whether you’re young or old, arthritis is a condition that could strike at any moment. Although more common in the elderly, this condition can still be of potential concern if preventative measures are not taken. Not surprisingly, arthritis, like most other health conditions, can be prevented or even treated with the implementation of the right foods. Among these arthritis-fighting foods is turmeric, a powerful spice used widely in India both for it’s taste-enhancing aspects and its ability to heal. This connection between turmeric and arthritis exists thanks to one active compound in turmeric known as curcumin; this compound possesses anti-inflammatory and anti-arthritic properties, allowing it to be used as an effective natural arthritis treatment.

Turmeric and Arthritis | Curcumin Used for Natural Arthritis Treatment

In a recent study, published in the March 2012 edition of Phytotherapy Research, the effectiveness and safety aspects of curcumin were researched on individuals suffering from rheumatoid arthritis. The human clinical trial and single-blinded pilot study was conducted to determine whether curcumin, both separately and when combined with an arthritis drug known as Voltaren, can help individuals with arthritis.
For the research, 45 individuals were put into 3 different groups: one group taking 500mg of curcumin twice daily, another taking 500mg of curcumin twice daily along with an arthritis drug, and the last only taking the arthritis drug. After 8 weeks, it was found that the curcumin group experienced the greatest improvement.

“The findings of this study are significant, as these demonstrate that curcumin was not only safe and effective, but was surprisingly more effective in alleviating pain compared with diclofenac…Our observations that curcumin alone was able to alleviate symptoms of rheumatoid arthritis in this study are quite encouraging, and these results provide an ideal springboard for investigating the potential of curcumin in other chronic diseases arising in the setting of dysregulated chronic inflammation,” wrote the study authors Binu Chandran and Ajay Goel.

In another study published in November 2006 in the journal *Arthritis and Rheumatology*, turmeric extract prevented the production of enzymes that ignite the onset of inflammation. Similarly, a study in the August 2009 issue of *Journal of Alternative and Complementary Medicine* showed how curcumin extract could be used as a natural arthritis treatment for those suffering arthritis in the knee. Individuals who took curcumin extract felt substantially less pain – even outranking over-the-counter pain relievers like ibuprofen. The study concludes “These translational studies demonstrate in vivo efficacy and identify a mechanism of action for a well-characterized turmeric extract that supports further clinical evaluation of turmeric dietary supplements in the treatment of RA”.

Curcumin’s ability to inhibit several enzymes involved in the onset of inflammation, including cyclooxygenase-2, or COX-2, makes turmeric rank among any natural arthritis treatment. Since curcumin can suppress the enzyme COX-2, the production of prostaglandins – compounds that trigger inflammation and cause swelling and pain - is reduced.

According to CDC statistics, it is estimated that 29.8 million adults suffered from sinus infection, or sinusitis in 2010. This infection of the sinuses causes individuals to experience trouble breathing, and can often be painful. Luckily, there are a number of natural cures for sinus infection, with turmeric being one of them. Turmeric is an amazing spice widely used for its medicinal and healing properties, and has been shown to treat an array of health conditions thanks to its anti-inflammatory, antibacterial, and antibiotic properties.

Turmeric Among Natural Cures for Sinus Infection

Mike Barrett
NaturalSociety
May 29, 2012

Turmeric One of Many Natural Cures for Sinus Infection

While there is a lack of research focusing on turmeric's ability to treat sinus infection, this doesn't stop individuals around the world from utilizing turmeric for sinus infection relief. The active ingredient in turmeric, known as curcumin, helps
to heal the sinus cavity and clear the airways. Since sinus infections are caused by nasal inflammation, and turmeric possesses anti-inflammatory properties, the spice can be an effective solution for sinus infection.

If you’re able to find turmeric root at a local health food store, purchase it. Try mixing about 2, 2″ pieces of turmeric root with 1 lemon, 1 tablespoon of honey, cayenne pepper, and water to create a turmeric smoothie. You may also add banana for extra flavor. Many individuals see complete improvement within 3 days of drinking the smoothie, even if the sinus infection lasted has been present for weeks at a time.

In addition to being one of many natural cures for sinus infection, turmeric can have a profound positive effect on your health. *Turmeric uses* are vast, with the spice being able to detoxify the liver and even fight cancer. In fact, turmeric has been shown to have anticancer properties many times, showing how incredible the spice can really be.

Here are a few other natural cures for sinus infection:

1. Use a warm compress to help open the nasal passages.
2. Mix two teaspoons of organic apple cider vinegar in a glass of water and drink it. You can also add honey to improve the taste. Both apple cider vinegar and honey are powerful health-enhancers capable of treating countless health problems, including sinus infection. This can be taken 3 times a day, or more.
3. Vitamin C is an excellent immune booster, and can help to fend off sinus infections. Try taking up to 1000 mg of vitamin C 1-3 times daily.

When hearing the word turmeric, you may automatically think about the spice used in Indian cooking and nothing more. Although it is indeed a culinary fundamental in many cultural dishes and can add a delicious taste to a variety of meal options, many people do not realize that turmeric is more than just a spice — it can also be a natural remedy for many health conditions; you can even use turmeric for acne.

**Natural Alternatives | Turmeric for Acne**

Many have attested to the effectiveness of turmeric against acne. Since acne problems are caused by bacteria living on the surface of the skin, turmeric can be of great help. Turmeric has strong anti-bacterial properties which help not only in killing the bacteria, but reducing the swelling and redness of the skin. It can also help the area cool down and reduce irritation.

Turmeric is a well-known blood purifier, so many people who suffer from acne not only use turmeric as a mask or wash for the affected area, they also take it internally. You can buy turmeric in liquid form (which has been shown to be most effective), but it can also be purchased in capsules and pills as well. You can also use fresh turmeric roots and add it to a glass of warm water and drink it in the morning. The real benefits of turmeric are seemingly endless.

Adding another use to turmeric for acne, some people like to use the spice for creating a mask. Turmeric can be combined with other ingredients that help the
Consider turmeric for acne. With continuous use of turmeric, your acne should reduce and clear out within a few weeks.

Read more: http://naturalsociety.com/natural-alternatives-turmeric-for-acne/#ixzz25u66HpyQ

**Preventing Chronic Disease Can be Achieved with Turmeric**

Lisa Garber  
**NaturalSociety**  
June 21, 2012

Anti-inflammatory, antioxidant, antiviral, antibacterial, antifungal, anticancer—that’s quite a lot to expect of a humble root of the ginger family. Like ginger, turmeric and curcumin (the powdered and supplement form, respectively, of the *Curcuma longa* plant) play center stage in millenia-old Asian medicine and cuisine. It wasn’t until 1949, however, that the West studied its scientific properties. In the magazine *Nature*, authors E. Schraufstatter and H. Bernt reported on the root’s ability to fight strains of *Staphylococcus aureus*, *Salmonella paratyphi*, *Trichophyton gypseum*, and *Mycobacterium tuberculosis*,

---

This is information that I gathered from the internet. This has nothing to do with Enagic and Kangen UKON Hanbai Co. It has everything to do with the main ingredient in the UKON Sigma (Turmeric). Enjoy, Tamia.
and our curiosity hasn’t been sated since. Research always shows how turmeric can be especially effective at preventing chronic disease.

**Treating and Preventing Chronic Disease with Turmeric**

You might have caught Dr. David B. Agus on *The Daily Show* earlier this year. In his book, *The End of Illness*, he summarizes that low-grade inflammation is the root of most diseases, from heart disease to diabetes, Alzheimer’s to arthritis, cancer to allergies and acne. Turmeric—as you’ll see in the following research—therefore seems like a worthy ally in the fight against illness and disease, can be used for preventing chronic disease.

1. Preliminary experimental research at the Medical University Graz in Austria shows how curcumin can protect the liver and delay liver damage that might otherwise lead to cirrhosis.
2. Kansas State University research finds a 40 percent reduction in heterocyclic amines—carcinogenic compounds formed when meats are barbecued, boiled, or fried—with the addition of certain spices, like turmeric.
3. Curcumin may inhibit melanoma and slow the spread of breast cancer into the lungs according to rodent studies at the University of Texas.
4. With the rate of Alzheimer’s disease in India being less than a quarter of that of the U.S., many epidemiologists hypothesize that turmeric—a staple for curry—has something to do with it.
5. An Italian study with 50 osteoarthritis patients found that after 90 days, 58% of those taking curcumin reported less pain and stiffness compared to control groups. Additionally, researchers determined a 300% improvement in mood and a 16-fold decrease in C-reactive protein (inflammation marker) in the curcumin group.

**Using Turmeric and Curcumin**

Dr. Andrew Weil (founder and director of the Arizona Center for Integrative Medicine), and other experts say that plants are usually better than drugs for overall health and preventing chronic disease, excepting extreme cases. With this in mind, you can incorporate a moderate amount of turmeric into your diet right in the kitchen. (And no, you don’t have to eat curry every day.)
Brew turmeric tea by bringing four cups of water to boil and adding one teaspoon of ground turmeric. Strain after 10 minutes and add honey or lemon to taste.

Sprinkle turmeric over deviled eggs or add to egg salad for a more complex taste and pretty yellow hue.

Like lentils? Add turmeric to almost any lentil recipe. The same goes for cauliflower.

The next time you’re preparing a party dip, mix turmeric with dried onion, omega-3-rich mayonnaise, garlic, salt, and pepper. Serve with raw vegetables and spread the word about turmeric’s ability to conquer chronic disease!

Read more: http://naturalsociety.com/turmeric-curcumin-preventing-chronic-disease/#ixzz25u6U7YE6

**Chronic Disease to Cost $47 Trillion by 2030**

Anthony Gucciardi  
NaturalSociety  
September 19, 2011

Over the next 20 years the top 5 leading chronic diseases could end up costing $47 trillion worldwide. Cancer, diabetes, mental illness, heart disease, and respiratory disease make up the world’s most expensive chronic illnesses, which are commonly treated by conventional medical methods such as chemotherapy that are both costly and considerably ineffective at eliminating disease. Preventative methods, such as a diet free of processed foods and generating enough vitamin D3, could essential save trillions each year while virtually costing nothing in comparison.
Reuters reports:

The estimated cumulative output loss caused by the illnesses, which together already kill more than 36 million people a year and are predicted to kill tens of millions more in future, represents around 4 percent of annual global GDP over the coming two decades, the study said.

“This is not a health issue, this is an economic issue — it touches on all sectors of society,” Eva Jane-Llopis, WEF’s head of chronic disease and wellness, said in a telephone interview.

The research was published on Sunday, the eve of a two-day United Nations meeting on chronic, or non-communicable diseases (NCDs), which aims to draw up global action plans to tackle growing levels of death and illness from these costly diseases often linked to diet, tobacco, alcohol and exercise.

According to the World Health Organization (WHO), the worldwide NCD epidemic is expected to accelerate so that by 2030 the number of deaths from NCDs could reach 52 million a year.