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TURMERIC
HOW TO USE IT FOR YOUR WELLNESS



PART OF THE SUBLIME WELLNESS LIFESTYLE SERIES
Kathy Heshelov, Founder Of Sublime Naturals
Author of "Essential Oils Have Super Powers"

A Keats Good Health Guide **MEDICINE** **CENTURY** \$3.95

Turmeric and the Healing Curcuminoids

Their amazing antioxidant properties and protective powers


Muhammed Majeed, Ph.D.,
Vladimir Badmaev, M.D., Ph.D.
and Frank Murray

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Turmeric for Health


100 Amazing and Unexpected Uses for Turmeric



Britt Brandon, CFNS, CPT

TURMERIC

HEALTH BENEFITS OF TURMERIC, THE GOLDEN SPICE FROM INDIAN SAFFRON



H E M M A P A T E L

TURMERIC THE WONDER SPICE



Proveda Nutricio Curcumin



Proud to
Introduce
Curcumin

Turmeric, the Golden Spice

What is Curcumin ?

Curcumin is a bright yellow chemical produced by *Curcuma longa* (Haldi) plants. It is the principal curcuminoid of turmeric (*Curcuma longa*)-Haldi, a member of the ginger family, Zingiberaceae. It is sold as an herbal supplement, cosmetics ingredient, food flavouring, and food colouring.



1. Turmeric Contains Bioactive Compounds : Curcumin

- These compounds are called curcuminoids, the most important of which is Curcumin
- Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant
- Unfortunately, Curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains piperine, a natural substance that enhances the absorption of Curcumin by 2,000%



2. Curcumin Is a Natural Anti-Inflammatory Compound

- Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome
- Curcumin is strongly anti-inflammatory. In fact, it's so powerful that it matches the effectiveness of some anti-inflammatory drugs, without the side effects
- Without getting into the details (inflammation is extremely complicated), the key takeaway is that Curcumin is a bioactive substance that fights inflammation at the molecular level

3. Turmeric Dramatically Increases the Antioxidant Capacity of the Body

- Curcumin is a potent antioxidant that can neutralize free radicals due to its chemical structure
- In addition, Curcumin boosts the activity of your body's own antioxidant enzymes
- In that way, Curcumin delivers a one-two punch against free radicals. It blocks them directly, then stimulates your body's own antioxidant defences
- **ORAC Value of Curcumin : High Quality Curcumin has an ORAC value of 1,500,000 per 100 grams**

4. Curcumin Boosts Brain-Derived Neurotrophic Factor

- One of the main drivers of this process is brain-derived neurotrophic factor (BDNF), which is a type of growth hormone that functions in your brain
- Many common brain disorders have been linked to decreased levels of this hormone, including depression and Alzheimer's disease
- Interestingly, Curcumin can increase brain levels of BDNF
- It may also improve memory and make you smarter, which seems logical given its effects on BDNF levels

5. Curcumin Should Lower Your Risk of Heart Disease

- Curcumin may help reverse many steps in the heart disease process
- Perhaps the main benefit of Curcumin when it comes to heart disease is improving the function of the endothelium, which is the lining of your blood vessels.
- In addition, Curcumin reduces inflammation and oxidation (as discussed above), which play a role in heart disease as well
- The Curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital

6. Turmeric Can Help Prevent Cancer

- Curcumin has been studied as a beneficial herb in cancer treatment and been found to affect cancer growth, development and spread at the molecular level
- Studies have shown that it can contribute to the death of cancerous cells and reduce angiogenesis (growth of new blood vessels in tumours) and metastasis (spread of cancer)
- Whether high-dose Curcumin (preferably with an absorption enhancer like Piperine) can help treat cancer in humans has yet to be studied properly.
- However, there is evidence that it may prevent cancer from occurring in the first place, especially cancers of the digestive system like colorectal cancer.

7. Curcumin May Be Useful in Preventing and Treating Alzheimer's Disease

- There may be good news on the horizon because Curcumin has been shown to cross the blood-brain barrier
- It's known that inflammation and oxidative damage play a role in Alzheimer's disease, and Curcumin has beneficial effects on both
- In addition, a key feature of Alzheimer's disease is a build up of protein tangles called amyloid plaques. Studies show that Curcumin can help clear these plaques
- Whether Curcumin can really slow down or even reverse the progression of Alzheimer's disease in people.

8. Arthritis Patients Respond Very Well to Curcumin Supplements

- Given that Curcumin is a potent anti-inflammatory compound, it makes sense that it may help with arthritis.
- Several studies show this to be true.
- In a study in people with rheumatoid arthritis, Curcumin was even more effective than an anti-inflammatory drug
- Many other studies have looked at the effects of Curcumin on arthritis and noted improvements in various symptoms

10. Curcumin May Help Delay Aging and Fight Age-Related Chronic Diseases

- Curcumin can really help prevent heart disease, cancer and Alzheimer's, it would have obvious benefits for longevity.
- For this reason, Curcumin has become very popular as an anti-aging supplement
- But given that oxidation and inflammation are believed to play a role in aging,
- Curcumin may have effects that go way beyond just preventing disease

9. Curcumin Has Incredible Benefits Against Depression

- According to this small study, Curcumin is as effective as an antidepressant.
- Depression is also linked to reduced levels of brain-derived neurotrophic factor (BDNF) and a shrinking hippocampus, a brain area with a role in learning and memory.
- Curcumin boosts BDNF levels, potentially reversing some of these changes
- There is also some evidence that Curcumin can boost the brain neurotransmitters serotonin and dopamine



Proveda Nutricio Curcumin

- Highest amount of Organic Curcumin C3 complex 95%
- Super Advance++ formula
- Added with Piperine & lycopene



Curcumin: A Review of NCBI, Food Oct 17

- Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiasts.
- The major source of the Polyphenols is Curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia.
- Curcumin by itself does not lead to the associated health benefits due to its poor bioavailability, There are several components that can increase bioavailability.
- Piperine is the major active component of black pepper and, when combined in a complex with Curcumin, has been shown to increase bioavailability by 2000%.

Others Ingredients

Piperine

- Extract obtained from black pepper fruits
- Nutrient Absorption
- Improved Metabolism
- Raised Dopamine and Serotonin
- Improved Memory
- Improved Immune System



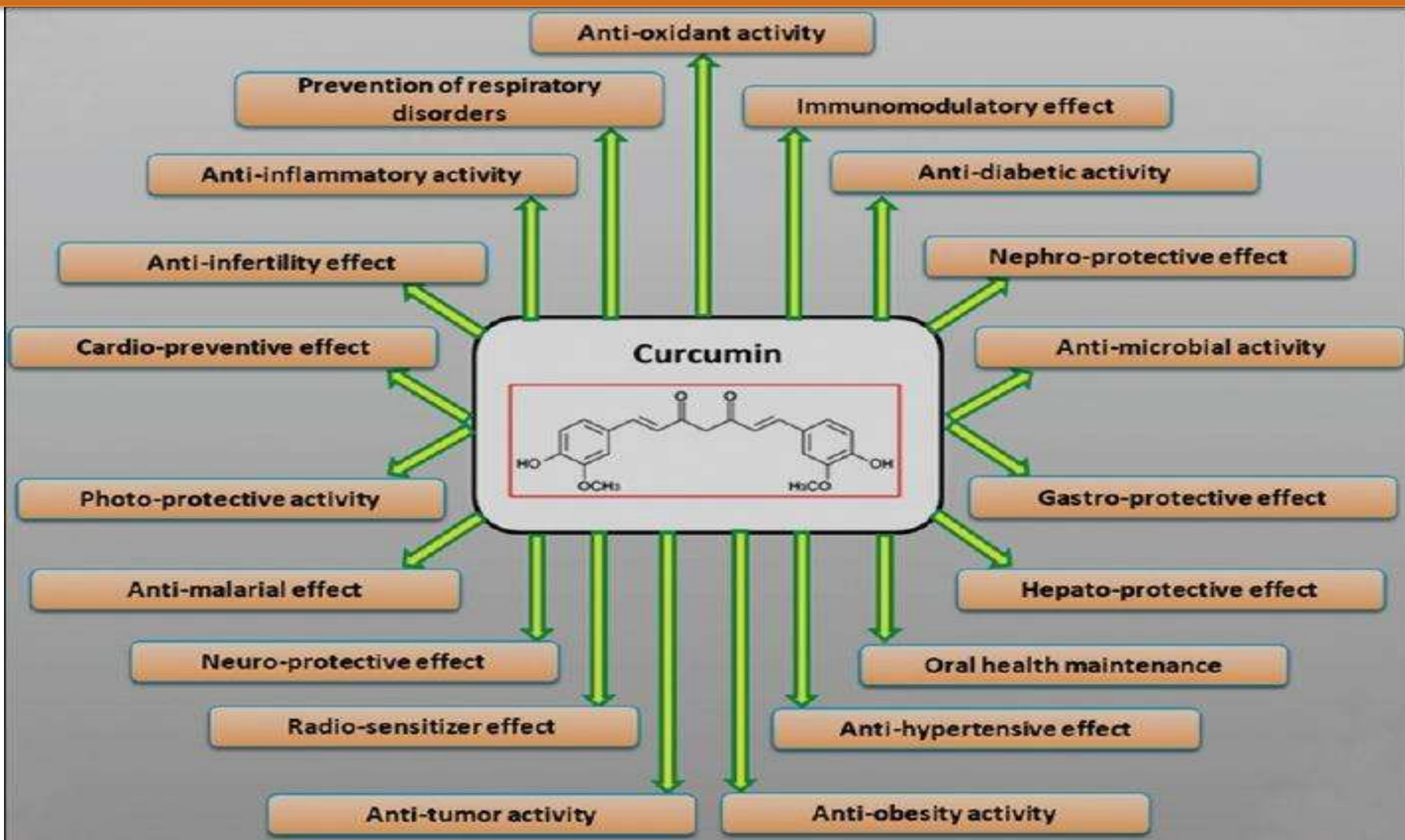
Lycopene

- Tomatoes provide about 80% of the **Lycopene**
- **Lycopene** is a powerful antioxidant with many health benefits, including sun protection, heart health and it lowers the risk of cancers





Health Benefits of Curcumin





Dosage & Guidelines

Dosage

- One tablet twice daily half an hour before meal

Safety

- Curcumin is **LIKELY SAFE** when taken by mouth for up to 12 months.
- Pregnancy & lactation not recommended

Pack

- 500 mg tablets , 60 Tablets pack





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