



turmeric-by-cruising-review

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608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Turmeric health series by Cruising Review to enhance and protect health before, while, and after traveling.

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This webpage QR code

Discover the health benefits of turmeric, including its anti-inflammatory and antioxidant properties. Learn how to enhance curcumin absorption and explore turmeric's uses in tea and body lotion for optimal health benefits.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/topics/turmeric-by-cruising-review.html>

The Wonders of Turmeric: Maximizing Benefits Through Optimal Forms

Turmeric, the golden spice that has graced the shelves of kitchens and medicine cabinets for centuries, is more than just a colorful addition to meals. Known scientifically as *Curcuma longa*, turmeric has been revered in Ayurvedic and traditional medicine for its anti-inflammatory, antioxidant, and potential therapeutic properties. The secret behind its power lies in curcumin, the compound that gives turmeric its vibrant yellow hue and potent health benefits. This article explores the benefits of turmeric, the best forms for optimal absorption, and its uses in tea and body lotion.

Health Benefits of Turmeric

- **Anti-inflammatory Effects:** Chronic inflammation is thought to play a significant role in many diseases. Curcumin, with its strong anti-inflammatory properties, can match the effectiveness of some anti-inflammatory drugs, without the side effects.
- **Antioxidant Capacity:** Turmeric's curcuminoids are powerful antioxidants that neutralize free radicals, which are compounds that can damage cells and lead to chronic diseases.
- **Brain Health:** Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in the brain.
- **Heart Health:** It improves the function of the endothelium, the lining of the blood vessels, and is as effective as exercise in improving heart health.
- **Cancer Prevention:** Research suggests that curcumin can reduce angiogenesis (growth of new blood vessels in tumors), metastasis (spread of cancer), and contribute to the death of cancerous cells.

Enhancing Absorption

Curcumin's benefits, however, are often limited by its low bioavailability. The human body doesn't absorb curcumin well on its own, but there are ways to enhance this:

- **Black Pepper:** Piperine, a natural substance in black pepper, enhances the absorption of curcumin by 2,000%. Most high-quality turmeric supplements include piperine to increase bioavailability.
- **Fat:** Curcumin is fat-soluble, so taking it with a fatty meal increases absorption.
- **Curcumin Supplements:** For those looking for a more concentrated intake, supplements provide a higher dose of curcumin. Opt for ones with bioperine (piperine) or that are formulated for enhanced absorption.

Turmeric in Tea and Body Lotion

- **Turmeric Tea:** A popular way to enjoy turmeric is in tea. Turmeric tea can be made by steeping grated turmeric root or turmeric powder in hot water. Adding black pepper and a bit of fat like coconut milk can enhance curcumin's bioavailability. Turmeric tea is celebrated not only for its health benefits but also for its soothing, warm flavor.
- **Turmeric Body Lotion:** Turmeric's anti-inflammatory and antioxidant properties make it an excellent ingredient for body lotions. When applied topically, turmeric can help reduce redness, blemishes, and inflammation of the skin. Some studies suggest that turmeric may also speed up wound healing and calm the pores to decrease acne.

Conclusion

Turmeric's wide range of health benefits makes it a valuable addition to anyone's dietary and skincare regimen. However, to truly harness the power of curcumin, it's important to focus on the form of turmeric and the method of consumption to enhance its bioavailability. Whether you're sipping on a cup of turmeric tea or incorporating turmeric body lotion into your skincare routine, this ancient spice holds the key to a wealth of health benefits.

Turmeric

TURMERIC : Turmeric, a plant in the ginger family, is native to Southeast Asia and is grown commercially in that region, primarily in India. Its rhizome (underground stem) is used as a culinary spice and traditional medicine. Curcumin is a major component of turmeric, and the activities of turmeric are commonly attributed to curcuminoids (curcumin and closely related substances). Antioxidant, anti-inflammatory, improves liver function and more. Turmeric is a spice that can prevent the release of histamine from mast cells and can even inhibit anaphylactic reactions. Curcumin gives turmeric its yellow color. Recent studies have shown curcumin may be a electrode enhancer for hydrogen fuel cells and batteries.

Also known as: *Curcuma longa*, synonym *Curcuma domestica*; *Curcuma aromatica*. Turmeric is fat soluble—meaning it dissolves in fats. Without the fats binding it, the turmeric struggles to make it through the liver and stomach without being absorbed prematurely, and into the small intestines where it can be transferred through to the blood. Boil turmeric in water for 10 minutes or combine with fats for availability.

Keywords: curcumin, turmeric, antioxidant, anti-inflammatory, polyphenol, *Curcuma longa* L., curcuma, spice, curcuminoids, pharmacological effects, biotechnological applications, curcumin metabolites, tetrahydrocurcumin, mechanisms of action, applications, solubility, absorption, bioavailability, hydrolysis, applications, clinical trial, curcumin, human diseases, inflammation, safety, Curcumin as an antioxidant, anti-inflammatory and lipophilic action improves the cognitive functions in patients with AD., puffing, high hydrostatic pressure, antioxidant, curcumin, extraction, synthesis, degradation, metal chelation, nanoformulation, ageing, anti-cancer, autophagy, microbiota, senescence, senolytics, Turmeric, Curcumin, Cholesterol, Cardiovascular risk, Triglycerides, Meta-analysis, curcumin, cancer, cell signaling pathways, *Curcuma longa*, *Curcuma longa*/pharmacognosy. Curcumin/use/topical anti-inflammatory. Cosmetics/use of natural products. Curcuminoid pigments. Skin penetration. Natural products/use in cosmetics., Tumeric, Sebum, *Curcuma longa*, Sebumeter, Skin, Acne, curcumin, anticancer, structure activity relationship, cellular pathway, mechanism

Summary of Abstracts:
Curcumin: A Review of Its Effects on Human Health [Piperine can increase bioavailability by 2000 percent.] 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, as it is the major source of the polyphenol curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus enhancing recovery and performance in active people. In addition, a relatively low dose of the complex can provide health benefits for people that do not have diagnosed health conditions. Most of these benefits can be attributed to its antioxidant and anti-inflammatory effects. Ingesting curcumin by itself does not lead to the associated health benefits due to its poor bioavailability, which appears to be primarily due to poor absorption, rapid metabolism, and rapid elimination. There are several components that can increase bioavailability. For example, 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%. Curcumin combined with enhancing agents provides multiple health benefits.

Turmeric and Its Major Compound Curcumin on Health: Bioactive Effects and Safety Profiles for Food, Pharmaceutical, Biotechnological and Medicinal Applications [antiproliferative, anti-inflammatory, anticancer, antidiabetic, hypocholesterolemic, anti-thrombotic, antihepatotoxic, anti-diarrheal, carminative, diuretic, antirheumatic, hypotensive, antimicrobial, antiviral, antioxidant, larvicidal, insecticidal, antivenomous, and antityrosinase effects] Curcumin, a yellow polyphenolic pigment from the *Curcuma longa* L. (turmeric) rhizome, has been used for centuries for culinary and food coloring purposes, and as an ingredient for various medicinal preparations, widely used in Ayurveda and Chinese medicine. In recent decades, their biological activities have been extensively studied. Thus, this review aims to offer an in-depth discussion of curcumin applications for food and biotechnological industries, and on health promotion and disease prevention, with particular emphasis on its antioxidant, anti-inflammatory, neuroprotective, anticancer, hepatoprotective, and cardioprotective effects.

Highly Bioavailable Forms of Curcumin and Promising Avenues for Curcumin-Based Research and Application: A Review Curcumin exerts a wide range of beneficial physiological and pharmacological activities,

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