



# Turmeric

## The Health Benefits of Turmeric

Turmeric is a spice derived from the root of the turmeric plant. It has anti-inflammatory and antioxidant properties and may help reduce cholesterol and improve blood vessel function.

### One inch of raw chopped or 1 tsp powdered provides:

- 8 Calories, 1/2 gm protein, 1/2 gm fiber, 0 fat, no cholesterol

### Potential benefits of using turmeric regularly

- Inhibits production of cholesterol and triglycerides and reduces formation of blood clots and arterial plaque
- Is not only a powerful antioxidant protecting against cell damage, but boosts the body's own antioxidant enzymes
- Reduces inflammation in tissues and in brain cells; reduces formation of fibrous plaques in the brain to slow or prevent Alzheimer's Disease and other forms of dementia
- Helps to absorb beta-carotene, a strong B-vitamin antioxidant, from foods like carrots, sweet potatoes and fresh greens

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