

Turmeric

Study finds that turmeric prevents diabetes

Submitted by avgd123 on Sun, 2013-03-24 12:54
in

- [Diabetes](#)
- [turmeric](#)

(NaturalNews) Turmeric has a long history of use in a variety of traditional Asian medical systems for treating a wide variety of ailments. Now, Western scientists are increasingly finding that this culinary root and its active ingredients may be potent weapons in the fight against diabetes. Indeed, it has been shown to be effective at nearly every stage of diabetes and pre-diabetes.

Biochemical activity

One of the earlier studies on turmeric's effectiveness in diabetes prevention was conducted by researchers from the National Centre for Cell Science in India and published in the European Journal of Pharmacology in 2007. Researchers exposed pancreatic cells from mice to a stressor after first incubating some of them in a solution of curcumin for 24 hours.

Curcumin is the active ingredient that gives turmeric its orange-yellow color. Along with related chemicals, it comprises the family of curcuminoids.

The researchers found that curcumin-treated cells were significantly less damaged by free radicals and suffered significantly less damage than untreated cells. This has implications for diabetes because damage to the pancreas can interfere with its ability to produce healthy levels of insulin.

"We show here for the first time, that prophylactic use of curcumin may effectively rescue islets from damage without affecting the normal function of these cellular structures," the researchers wrote.

Another study, published in the journal Nutrition in 2011, found that when people ate a meal high in turmeric and other spices, their blood levels of triglycerides and insulin decreased significantly, even when that meal was high in fat. Antioxidant activity in the body was also increased.

Diabetes prevention and treatment

It's not just in the short-term that turmeric provides protection against diabetes. A study published in the journal Diabetes Care in July 2012 found that it may actually prevent prediabetes from developing into diabetes.

The researchers assigned prediabetic participants to take either a 250 mg curcuminoid supplement or a placebo every day for nine months. By the end of the study, not a single person in the curcuminoid group had developed diabetes, compared with 16.4 percent of the participants in the placebo group.

But even if you have already been diagnosed with diabetes, it's not too late for turmeric to provide real benefits. A 2012 study from Harbin Medical University and the Chinese Center for Disease Control and Prevention found that people with Type II diabetes who were given 300 mg of curcuminoids each day for three months dramatically lowered their glucose levels and insulin resistance, as well as their levels of hemoglobin A1c and free fatty acids.

"This is the first study to show that curcuminoids may have an anti-diabetic effect by decreasing serum fatty acid possibly through the promotion of fatty acid oxidation and utilization," the researchers wrote.

Turmeric has also been linked to a number of other health benefits, including reducing the inflammation and oxidation damage that can produce chronic diseases including diabetes, heart disease and cancer; promoting healthy fat loss; promoting liver health; and reducing the risk of heart disease. Turmeric is also one of the most effective cancer-fighting foods.

Sources:

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The amazing ability of curcumin (turmeric) to fight chronic disease

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in

- [Disease-fighting medicine](#)
- [Health](#)

by: Jonathan Benson, June 13, 2012

For thousands of years, ancient cultures throughout Asia have been using turmeric, also known as curcumin, to spice up food -- and today, curcumin is used throughout the world. But this relative of ginger is hardly just a flavor enhancer, as studies continue to show that curcumin contains powerful anti-inflammatory, anti-diabetic, antioxidant, and even anti-cancer properties that render it a powerful, disease-fighting medicine in addition to being a culinary spice.

A mixture of natural resin and turmeric oil, curcumin and the science behind its effects on the body continue to captivate the attention of scientists who have unveiled quite a bit about its healing capacities. Though it has long been used in traditional medicine, scientists have only recently within the past several decades uncovered the specifics of how curcumin works in the body to prevent and treat disease.

Curcumin fights harmful bacteria, bad cholesterol, and disease-causing inflammation

A 1949 paper published in the journal *Nature* is one of the earliest known studies to identify curcumin's powerful antibacterial properties. In it, the authors found that curcumin effectively targets *Staphylococcus aureus*, *Salmonella paratyphi*, *Trichophyton gypseum*, and *Mycobacterium tuberculosis*.

Later in the 1970s, researchers found that curcumin is also effective at keeping cholesterol levels in check, fighting diabetes, relieving disease-causing inflammation, and targeting health-destroying free radicals. And by the 1980s, it was discovered that curcumin is also a powerful remedy for preventing and treating cancer, as it regulates the expression of genes that contribute to tumorigenesis, cell survival, cell proliferation, invasion, and angiogenesis.

Curcumin improves cell communication throughout the body

The human body is composed of an intricate network of cells that communicate with one another to promote growth, fight disease, process nutrients, create hormones, and perform other vital functions. This is accomplished via signaling molecules present throughout the body that act as messengers for cells, constantly delivering crucial information back and forth between them.

And curcumin has been shown to directly influence many of these signaling molecules, including inflammatory molecules, transcription factors, enzymes, protein kinases, protein reductases, carrier proteins, cell survival proteins, drug resistance proteins, adhesion molecules, growth factors, receptors, cell cycle regulatory proteins, chemokines, DNA, RNA, and metal ions (<http://cms.herbalgram.org/herbclip/449/021237-449.html>).

When cells fail to communicate properly, all sorts of diseases can emerge. Diabetics, for instance, suffer from their condition because of a breakdown in pancreatic cell communication, which is responsible for producing insulin. And individuals with multiple sclerosis suffer from a failure of nerve cells to adequately send information from one section of the brain to another (<http://learn.genetics.utah.edu/content/begin/cells/badcom/>).

Supplementing with curcumin is a great way to help prevent a myriad of diseases

All in all, supplementing with curcumin is an excellent way to avoid diseases of all kinds. From ulcers and cardiovascular disease to gastrointestinal disorders and cancer, curcumin is an excellent source of health-promoting nourishment that offers multiple benefits. And best of all is the fact that curcumin is relatively inexpensive, even when purchased as a supplement in capsule form.

Turmeric beats pharmaceutical drugs in preventing cancer

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- [Antioxidant](#)
- [cancer prevention](#)
- [turmeric](#)

According to a wealth of research, curcumin, a compound found in turmeric protects the body and prevents disease more effectively than drug based treatments.

(NaturalHealth365) According to a wealth of research, curcumin, a compound found in turmeric protects the body and prevents disease more effectively than drug based treatments.

Turmeric, according to a review of 700 studies, has been shown to outperform pharmaceuticals in

its effects against several chronic and debilitating conditions, without adverse side effects. James A. Duke Ph.D., a highly respected ethnobotanist, published this comprehensive summary. This is a field of botany, which is discovering the healing properties of plants.

If you want to feel good – try adding turmeric to your life

Turmeric not only enhances your well-being but may be the solution for most inflammatory conditions. It serves to make you feel better, look better and eliminates inflammation. Turmeric contains more than two dozen anti-inflammation compounds including six different COX-2-inhibitors (COX-2-enzyme promotes pain, swelling, and inflammation).

Turmeric is a high antioxidant spice, which is known to relieve symptoms and offers protection for a whole host of conditions ranging from arthritis, Alzheimer's, polyps in the colon, Parkinson's, cancer, high triglycerides and obesity.

In addition, this wonderful plant food works as an antiviral, antibacterial, antifungal plus helps to tame allergies.

Help yourself to effectively lose weight – naturally

Turmeric assists with weight loss by stalling the spread of fat-tissue by inhibiting new blood vessel growth, called angiogenesis, which is necessary to build fat tissue. At the same time, glucose levels, triglycerides, fatty acid, cholesterol and liver fat levels are also lowered.

In India, only about 1 percent of the elderly population develop Alzheimer's disease – which is nearly one-quarter the rate of the population in North America. The difference, in large part, is due to the regular consumption of curry in India.

Dr. Duke found more than 50 studies on turmeric's effects on Alzheimer's disease. The indication is that extracts of turmeric contain a number of agents that block the formation of beta-amyloid, a substance responsible for the plaques that slowly obstruct the cerebral function in Alzheimer's disease.

Cancer cells HATE turmeric

Turmeric supports healthy cell growth and builds a stronger body starting at the cellular level. In other words, it has an ability to promote healthy cellular division, and the potential to assist in blocking free radicals – which promote abnormal cell growth.

Duke found over 200 citations for turmeric and cancer and more than 700 for curcumin and cancer. Curcumin and/or turmeric were effective in animal models in prevention and/or the treatment of colon cancer, mammary cancer, prostate cancer, esophageal cancer, liver cancer and oral cancer. Duke went on to say that the effectiveness of the herb against these cancers compared favorably with what was reported for pharmaceuticals.

There is so much scientific proof to support the idea that curcumin has the ability to stop abnormal cell growth – by blocking certain cancer-causing chemicals; stopping the growth of blood vessels that promote cancer cell growth and blocking the growth of the cancer cells by causing them to self-destruct. Why wouldn't we be interested in this powerful, natural substance.

How to add turmeric into your daily routine

You can simply add turmeric to your favorite dish or a soothing cup of tea – may be the way to go. To make tea – bring three to four cups of water to a boil, add one teaspoon of ground turmeric and reduce to a simmer for 10 minutes, strain pour, add some honey or lemon and enjoy. What is your favorite way to use turmeric? Post comments – below

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Turmeric Component May Play Role in Cognitive Health

Submitted by Natural Solutio... on Fri, 2006-10-20 11:17
in

- [Alternative Health](#)

Curcumin, the pigment responsible for turmeric's yellow color, helps immune cells clear out the plaque build-up that is thought to play a role in Alzheimer's disease, a new study indicates.

Alzheimer's disease patients have defects in phagocytosis, the process immune cells use to “gobble up” amyloid-beta, plaque deposits in the brain that are associated with Alzheimer's. They also have defects in their body's ability to clear amyloid-beta plaques. In animal experiments, curcumin enhanced brain clearance of amyloid-beta. Consequently, in the current study, scientists treated immune cells (macrophages) from six Alzheimer's patients and three controls with curcumin in vitro and measured amyloid-beta uptake.

At baseline, the intensity of amyloid-beta uptake by the macrophages from Alzheimer's patients was significantly lower in comparison to control macrophages. After treatment of macrophages with the curcumin compound, amyloid-beta uptake by macrophages from three of the six Alzheimer's patients was significantly increased.

The age of the patient and the stage of the Alzheimer's disease appeared to influence the effectiveness of curcumin. The most benefit occurred in the cells from younger patients and patients with early-stage Alzheimer's. The curcumin appeared to have no effect on the macrophages from the healthy controls.

According to the researchers, “Immunomodulation of the innate immune system by curcuminoids might be a safe approach to immune clearance of amyloidosis in [the] Alzheimer's disease brain.”

Reference

Zhang L, Fiala M, Cashman J, Sayre J, Espinosa A, Mahanian M, Zaghi J, Badmaev V, Graves MC, Bernard G, Rosenthal M. Curcuminoids enhance amyloid-beta uptake by macrophages of Alzheimer's disease patients. *J Alzheimers Dis.* 2006 Nov;10(1):1-7.

Five natural alternatives for banishing fibromyalgia pain and inflammation

Submitted by avgd123 on Tue, 2013-04-30 20:58
in

- [fibromyalgia pain and inflammation](#)

(NaturalNews) Though there is still some debate over whether or not it is an inflammatory or a neurological condition, or some combination of both, most everyone will agree that fibromyalgia is a severely debilitating health condition that robs its victims of their energy, their strength and ultimately their lives. But the good news is that there are a number of natural remedies that individuals with fibromyalgia can use to help keep the chronic illness under control, and maybe even cure it altogether. Here are five of the most effective ones:

1) Fish oils. There are numerous theories as to what actually causes fibromyalgia, but it is generally recognized that the poorly understood condition often results in what appears to be systemic inflammation for many of the people that suffer from it. Because of this, it is important that fibromyalgia sufferers stick primarily to an anti-inflammatory diet that includes plenty of fish oils.

Since one of the marked characteristics of fibromyalgia is intense muscle and joint pain, supplementing with high-grade salmon oil, skate liver oil, or a fermented cod liver and butter oil blend, for instance, can provide amazing relief for fibromyalgia sufferers, as these oils help lubricate the muscular system and fortify the body with necessary omega-3 fatty acids, which feed the brain and quell inflammation.

Fibromyalgia is also marked by neurological damage in the brain, particularly as it involves the normal production of brain neurotransmitters such as serotonin. By regularly supplementing with therapeutic doses of high-grade fish oils, fibromyalgia sufferers may be able to help restore proper neural function and balance out their central nervous systems' response to pain and other sensations. (<http://www.doctoroz.com>)

2) Turmeric. Another powerful anti-inflammatory food with amazing pain-relieving properties is turmeric, an ancient spice commonly used in Indian and Asian cuisine. As it turns out, turmeric works better than many pain killer drugs at relieving joint pain, stiffness, arthritis, muscle spasms, and many other debilitating pain symptoms commonly associated with fibromyalgia.

A natural painkiller and COX-2 inhibitor, turmeric has been shown in a number of studies to be a safe and effective remedy for treating both arthritis and fibromyalgia symptoms. This is due to its ability not only to halt inflammation, but also to suppress nerve-related pain. From both a neurological and inflammatory standpoint, in other words, turmeric is a powerful weapon in the fight against fibromyalgia. (<http://www.peoplespharmacy.com>)

3) Fermented foods and beverages. Irritable bowel syndrome (IBS) and various other forms of gastrointestinal upset often go hand in hand with fibromyalgia, which is why it is vitally important for individuals with the disease to actively work towards restoring floral balance in the gut. One of the best ways to do this is to consume plenty of fermented foods like raw sauerkraut and kombucha tea, both of which have helped many fibromyalgia sufferers to avoid the headaches, brain fog, and systemic pain they would otherwise face.

Kefir, which can be made from either dairy or water, is another fermented food that can greatly

relieve fibromyalgia symptoms, particularly when taken in conjunction with other probiotic-forming, fermented foods like kombucha tea and kimchi. (<http://julieloewy.com>)

4) Juiced marijuana leaf. From a neurological perspective, fibromyalgia can also come about as a result of neurotransmitters throughout the central nervous system failing to properly communicate, which in turn can lead to the over-sensation of pain throughout the body that is characteristic of fibromyalgia. This is where juiced marijuana leaf comes in. Rich in neural-repairing cannabinoids, juiced marijuana leaf can help complete the positive feedback loop in the brain that, when obstructed or damaged, causes chronic inflammation, autoimmune disorders, and various other problems often associated with fibromyalgia.

In its raw form, marijuana and marijuana juice is not psychoactive, which means it can be used safely and effectively without getting a person "high." Marijuana is also far more medically potent in its raw form than when it is heated or smoked, possessing up to 60 times more therapeutic content per volume. (http://www.naturalnews.com/035759_cannabis_juicing_health.html)

5) Avoid wheat gluten. Eliminating wheat and other gluten-containing foods from the diet has helped many people with fibromyalgia all but eliminate their condition and its corresponding symptoms. Most modern wheat varieties contain high levels of complex gluten compounds that greatly upset the digestive tract, which is where many inflammatory and neurological conditions like fibromyalgia are thought to begin.

Eliminating gluten from your diet, along with refined sugars, artificial sweeteners, trans fats, and other unnatural compounds, can go a long way in alleviating fibromyalgia. Other common food allergens like soy and corn are also worth eliminating from the diet as well as these ingredients, particularly when derived from genetically-modified organisms (GMOs), can trigger an inflammatory response in individuals with fibromyalgia. (<http://www.foodsforfibromyalgia.com>)

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Turmeric May Protect Against Leukemia -Scientist

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in

- [Alternative Health](#)

LONDON (Reuters) - Turmeric, a spice used extensively in Asia as a key ingredient of curry, may be protecting children against leukemia, a scientist said on Thursday.

Rates of the blood cancer have been rising steadily for the past 50 years but its incidence in Asia is much lower than in the West.

Professor Moolky Nagabhushan, of the Loyola University Medical Center in Chicago, told a conference that factor could be due, at least partly, to turmeric.

"Some of the known risk factors that contribute to the high incidence of childhood leukemia are the interaction of many lifestyle and environmental factors," he said.

Scientists suspect some children are born with a predisposition to the illness, which occurs most often in children aged 1-4, but that they do not develop the disease unless it is triggered by environmental factors.

Infections, viruses, radiation, pesticides and chemicals are among the suspected culprits.

"Our studies show that turmeric -- and its coloring ... curcumin -- in the diet mitigate the effects of some of these risk factors," Nagabhushan added.

He and his colleagues showed that the spice irreversibly inhibits the multiplication of leukemia cells in laboratory studies and seems to protect against damage caused by cigarette smoke and eating certain processed foods.

Dr Marilyn Kwan, of the University of California, Berkeley, presented separate results of a study of more than 300 children which showed the benefits of eating healthy foods.

"We found that regular consumption of oranges and/or bananas during the first two years of life was associated with a reduced risk of childhood leukemia," Kwan said.

"These findings are consistent with the protective role of fruits and vegetables observed in adult cancers," she added.

Oranges are rich in vitamin C and bananas have high levels of potassium, both of which are thought to protect against cancer.

The week-long childhood leukemia conference is organized by the British charity Children with Leukemia.

Curcumin helps improve immune function

In an article published on May 25, 2012 in the *Journal of Nutritional Biochemistry*, researchers from Oregon State University (OSU) report a benefit for curcumin, a compound found in the spice turmeric, in innate immune function.

OSU Linus Pauling Institute associate professor of biochemistry and biophysics Adrian Gombart and colleagues discovered that curcumin nearly tripled the expression of a gene that encodes a protein known as cathelicidin antimicrobial peptide (CAMP), which can help combat bacteria, viruses and fungi that have not been previously encountered by the immune system. CAMP is the only known antimicrobial peptide of its kind in humans, and is able to destroy a wide range of bacteria, including that which causes tuberculosis. While curcumin's effect on CAMP is not as potent as that previously found for vitamin D, the compound may still be of value in improving immune function, in addition to providing anti-inflammatory and antioxidant benefits.

"Curcumin, as part of turmeric, is generally consumed in the diet at fairly low levels," Dr Gombart stated. "However, it's possible that sustained consumption over time may be healthy and help protect against infection, especially in the stomach and intestinal tract."

"This research points to a new avenue for regulating CAMP gene expression," he remarked. "It's interesting and somewhat surprising that curcumin can do that, and could provide another tool to develop medical therapies."

Curcumin shows promise for Parkinson's

Research conducted at Michigan State University discovered that curcumin, a compound found in turmeric, helps prevent clumping of alpha-synuclein, a protein whose aggregation is one of the first steps in Parkinson's disease. The study was described in an article published in the March 16, 2012 issue of the Journal of Biological Chemistry.

In earlier research, Michigan State associate professor of physics and astronomy Lisa Lapidus and postdoctoral researcher Basir Ahmad demonstrated that a decrease in the speed of folding or reconfiguration of alpha-synuclein increases its tendency to clump with other proteins. In the current study, the duo showed that attachment of curcumin to alpha-synuclein stops clumping and increases its folding rate, moving it out of the zone at which it is likely to clump. "We conclude that alpha-synuclein is prone to aggregation because its reconfiguration rate is slow enough to expose hydrophobic residues on the same timescale that bimolecular association occurs," the authors write. "Curcumin rescues the protein from aggregation by increasing the reconfiguration rate into a faster regime."

"Our research shows that curcumin can rescue proteins from aggregation, the first steps of many debilitating diseases," Dr Lapidus stated. "More specifically, curcumin binds strongly to alpha-synuclein and prevents aggregation at body temperatures."

"Curcumin's usefulness as an actual drug may be pretty limited since it doesn't go into the brain easily where this misfolding is taking place," she added. "But this kind of study showcases the technique of measuring reconfiguration and opens the door for developing drug treatments."