

Curcuma longa
Family: *Zingiberaceae* - ginger
Parts Used: rhizome (root)

Turmeric is among the most antioxidant-rich, anti-inflammatory, and immune-enhancing herbs available. Many experts say that combining turmeric with black pepper enhances its effectiveness and absorption significantly.

Properties

Adaptogen, alterative, anti-inflammatory, antibacterial, antiviral, antifungal, anticancer, anticoagulant, antioxidant, carminative, cholagogue, hemostat, vulnerary.

Energetics: warming, drying, bitter
Systems Affected: immune, cardiovascular

Uses

- Arthritis, osteoarthritis, rheumatoid arthritis, and other inflammatory conditions.
- Liver and gallbladder disorders, including jaundice.
- Enhance and supports the liver.
- Digestive aid; use to treat any digestive problems including food poisoning.
- Enhance and support immune system, stimulates immune cells that fight cancer.
- Chest colds and coughs, flu.
- Can lower blood cholesterol and prevent formation of blood clots.
- Aids circulation and improves blood vessel health.
- Enhances heart and cardiovascular system.
- Strong antioxidant properties can be helpful in treating many forms of cancer.
- Fights off free radicals, stops the proliferation of rapidly dividing cancer cells.
- Prevention and treatment of degenerative conditions, due to high antioxidant and immune stimulant properties.
- Cataracts, due to strong antioxidant content.
- Can cross blood-brain barrier which helps with mental conditions of all kinds.
- Gut health

Herb Preparations

- Tea
- Powder, add right to your food, include in your dishes such as curry and golden milk.
- Capsules
- Honey, syrup
- Extract
- Herbal oil