Studies Indicate that Turmeric is Potentially Superior to Anti-Inflammatory and other Medications

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Orlando, FL ? Nowadays, more and more people are beginning to understand the importance of health. Many people not only practice healthy diets and lifestyles, but also prefer natural remedies over medications. One of the natural alternatives popularly used is, Turmeric.

What is most exciting and fascinating about Turmeric is that recent studies and findings by medical professionals suggest that it may be superior over anti-inflammatory, anti-depressant, and anti-coagulant medications. There are quite a number of pharmaceutical drugs that are known to cause side effects, making natural remedies such as Turmeric a preferred alternative. This has led many people to turn to natural medicine.

Dr. Josh Axe, DNM, DC, CNS, is a certified doctor of natural medicine. In an online article and investigation Axe?s examinations of Turmeric labelled ten drugs ?which turmeric benefits go beyond.? Anti-inflammatory, anti-depressants and anti-coagulants were among these ten.

In traditional Chinese and Ayurvedic medicine, turmeric has been a popular natural remedy for thousands of

years. It is thought to offer a range of health benefits. Dr. Josh Axe elaborated on the findings explaining that ?since several groundbreaking studies in the mid-1980s, the curcumin in turmeric has been suggested by researchers as actually being a better option for those with vascular thrombosis.?

?Turmeric can be used in a powder form or through supplementation,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan. The therapeutic effects of turmeric are thought to come from its phytochemical called curcumin. Curcumin contains a variety of medicinal substances such as antibacterial, anti-inflammatory, and antioxidant properties.

These therapeutic properties are thought to fight and reverse various preventable and life-threatening conditions. Curcumin is extremely popular as a natural remedy. There are even 6,235 peer-reviewed articles that feature its health benefits.

?Curcumin is even recognized as one of the most frequently mentioned medicinal spices nowadays,? explains Dr. Axe. The spice is even thought to be more effective than pain killers, steroids, and medications used for diabetes, arthritis, chemotherapy, cholesterol, and inflammatory bowel disease.

Turmeric is particularly famous for its ability to reverse diseases. What makes it even more popular is that it doesn?t cause side effects associated with the use of many pharmaceutical drugs. Individuals who suffer from arthritis even believed curcumin is more effective and safe than medications.

Pain relief medications are used by many arthritis sufferers. However, these pharmaceutical drugs are associated with side effects, especially when used on a long-term basis. The reports from arthritis sufferers who experienced side effects have led the many to resort to natural remedies.

Curcumin is not just a popular natural remedy for arthritis but also other conditions. Today, more and more people are using curcumin supplements to take advantage of its therapeutic benefits. While curcumin is highly therapeutic, it has low bioavailability.

Being low bioavailable means there is a limit in the delivery of the curcumin nutrients to the body. The good news is that there are curcumin supplements with Black Pepper Extract, which is a bioavailability-enhancing ingredient (http://amazon.com/Turmeric-Curcumin-Complex-PeppeExtract-Bio-availability/dp/B00JA4TLTI).
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For more information about VitaBreeze, contact the company here:VitaBreezeBenjamin Lasance(407) 545-2239media@vitabreeze.com4700 Millenia BlvdSuite 175 FOrlando, FL 32839

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