



## **Research Highlights Turmeric?s Potential To Reduce Brain Damage Linked With Epileptic Therapy**

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Orlando, FL ? June 10, 2016 - Epilepsy is a neurological disorder that causes sufferers to undergo unpredictable and repeated convulsions over a span of time. There are medications and treatments for the condition, but some of them are not just beneficial but also harmful to sufferers.

Research highlights turmeric?s potential to prevent brain damage linked with epileptic therapy This condition takes place when the brain starts sending abnormal signals. There are certain risk factors such as infections, tumor, brain injury, stroke, and dementia.

The symptoms of epilepsy may vary from one person to another. There are medications and surgeries for the condition. However, the choice of treatment may depend on the severity of the symptoms as well as the underlying condition.

It is believed that certain herbs can potentially be helpful to individuals who suffer from epilepsy. One of the natural remedies is turmeric.

Turmeric is an ancient, medicinal spice that is native to India. It contains a phytochemical called curcumin, which is thought to be responsible for many of the spice's therapeutic effects. Curcumin contains antibacterial, anti-inflammatory, anti-carcinogenic, and antioxidant properties.

A study was published in the 2011 Neurochemical research. The study revealed that turmeric combined with Nigella sativa oil exerts powerful antioxidant and anticonvulsant activity. The study further revealed that the spice could reduce the side effects linked with anti-epileptic medications.

The Indian Journal of Pharmacology published a study that revealed turmeric could inhibit seizure attacks.

In 2011, the Medical Daily website revealed that the spice could possibly prevent brain damage linked with epileptic therapy. It could also lower oxidative stress.

Epilepsy can be an extremely difficult condition to deal with. The seizures can happen anytime and anywhere, and sufferers are almost always susceptible to dangers. This is especially true for sufferers who experience seizure attacks alone.

Curcumin is a natural remedy that is widely believed to offer a range of health benefits. There are even many individuals, such as those who suffer from arthritis, who rely on the natural remedy.

Curcumin is thought to be a safer alternative to pain medications. Athletes and individuals who suffer from pain typically turn to curcumin supplementation for relief. The widespread scare of the side effects linked with the use of pain medications has encouraged the many to turn to curcumin.

Those who are suffering from epilepsy may make curcumin a part of their daily diet. One of the most recommended curcumin supplements contain a bioavailability-enhancing extract called BioPerine.

Bioperine increases curcumin absorption in the body, and thus, make it more effective ([amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M](https://www.amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M)).

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