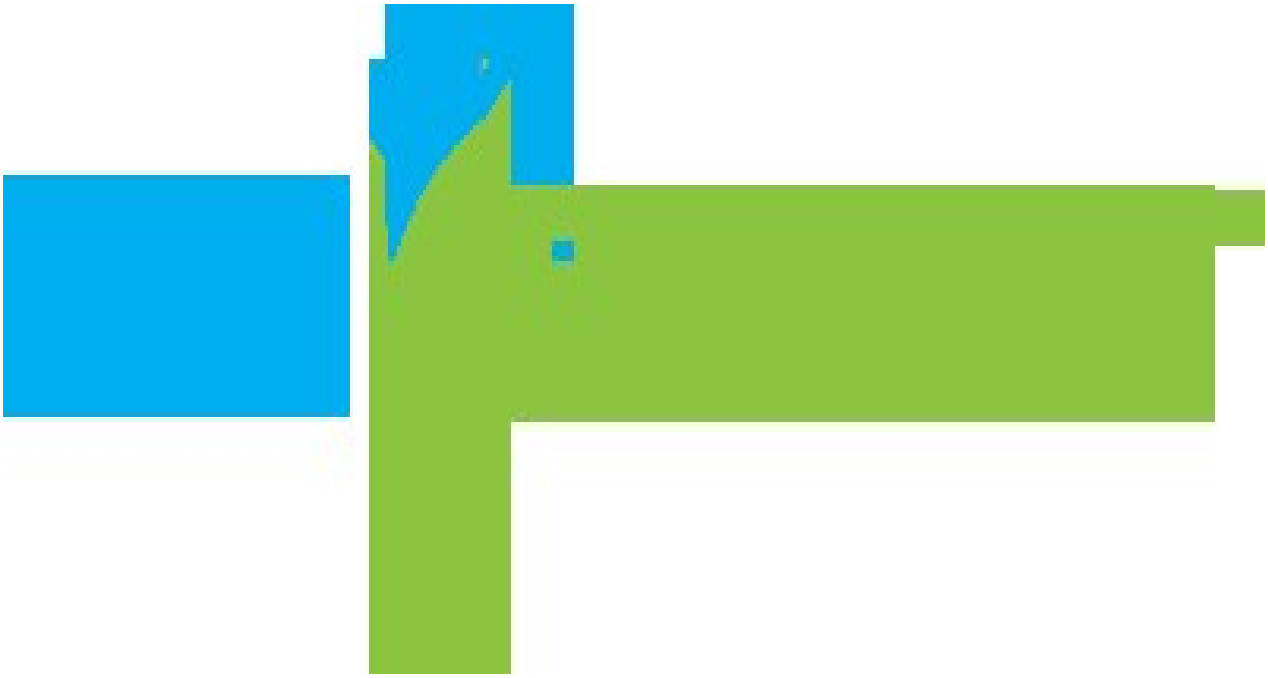


Turmeric Use Is Believed To Be As Effective As One Hour Of Exercise

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Orlando, FL?June 15, 2016? The use of turmeric has been popular since time immemorial. Nowadays, it is increasingly becoming one of the widely used medicinal spices.

According to the 8 week study conducted in 2012 by the American Journal of Cardiology; individuals who need to manage a healthy lifestyle may also benefit from the spice.

Turmeric use is believed to be as effective as one hour of exercise. Research reveals that it could benefit women who experience age-related changes in their arterial health. This spice is thought to have strong cardioprotective properties.

In the study published in the American Journal of Cardiology, turmeric has the potential ability to reduce post-bypass heart attack by 56 percent. Turmeric contains a polyphenol called curcumin, which is responsible for its golden hue color.

?Today, curcumin supplements are widely available in the market,? said VitaBreeze Supplements

spokesperson, Michelle O?Sullivan.

Curcumin is thought to be effective in enhancing vascular function among postmenopausal women. It can be an excellent part of an aerobic training regimen.

The study involved 32 postmenopausal women and lasted for 8 weeks.In the study, the participants were divided into the curcumin, exercise, and non-treatment control groups. The researchers tried to determine the health condition of the blood vessel inner lining of the participants.

According to researchers, disturbance on the inner lining is associated with the development of atherosclerosis. They also concluded that anything that has the ability to reduce, prevent, or reverse the endothelial dysfunction may affect death risk linked to cardiovascular disease directly.

The curcumin group was made to take 150mg of turmeric extract on a daily basis. After 8 weeks, it was found that there was an increase in the flow-mediated dilation in the exercise and curcumin group.

Thus, the researchers conclude that ingestion of curcumin on a regular basis or engaging in aerobic exercise training on a regular basis can help improve endothelial function. They also considered the possibility that curcumin could prevent endothelial function decline associated with age in postmenopausal women.

While the benefits of curcumin cannot be overlooked, researchers also emphasized that it should not replace exercise. There are also health benefits of curcumin that cannot be supplied by exercise. Thus, experts recommend that people should take curcumin and engage in regular exercise at the same time.

The American Journal of Hypertension published a study in 2012 that investigated the effects of the combination of curcumin and exercise in postmenopausal women in the improvement of heart muscle stress tolerance.

It was found that it helped reduce left ventricular (LV) afterload better than monotherapy. Today, there are many curcumin supplements available in the market (www.amazon.com/tumeric-with-black-pepper/dp/B00JA4TLTI).
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VitaBreeze

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