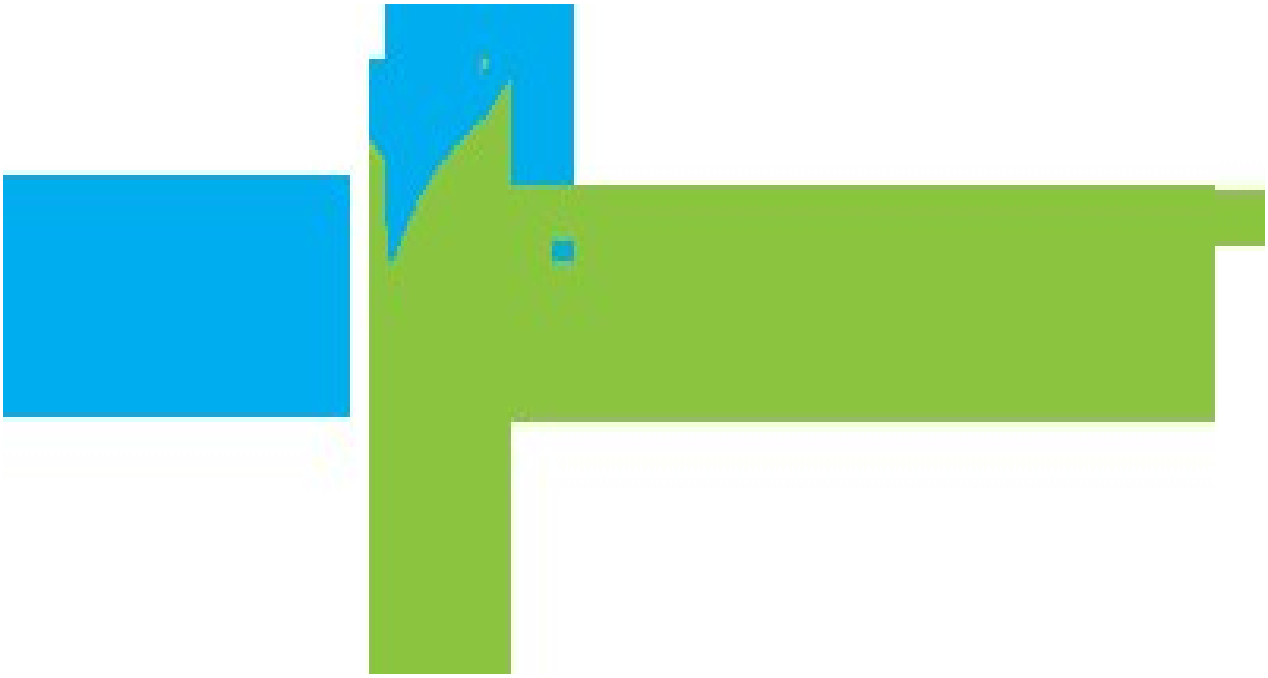


# A Study Reveals Turmeric Is Superior To Pain Relief Medications For PMS

*June 17, 2016*

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Orlando, FL? June 17, 2016? Today, millions of women suffer from PMS. What makes this even more troublesome is that PMS comes with debilitating symptoms. While there are pain medications available, there are other remedies believed to be more helpful than these pharmaceutical drugs.

A study reveals that turmeric is superior to pain relief medications for PMS. Turmeric has long been popularized by its ability to deliver a myriad of therapeutic benefits.

?Turmeric contains a phytochemical called curcumin, which is a powerful healing substance,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

Curcumin contains healing properties such as antibacterial, antioxidant, and anti-inflammatory properties. This healing ingredient has become one of the most popular natural ingredients for supplements nowadays.

While pain medications are widely used by women who suffer from PMS, the benefits of these pharmaceutical drugs come with a price. These medications carry serious side effects that are detrimental to

health, especially when used on a long-term basis.

In a new study, it was found that turmeric is useful in addressing the root causes of PMS. Turmeric can be consumed in a powder form or through supplementation.

The journal Neuropeptides published a study with a title, "Effect of curcumin on serum brain-derived neurotrophic factor levels in women with premenstrual syndrome: A randomized, double-blind, placebo-controlled trial.?

The study reveals that the curcumin in turmeric has the ability to improve symptoms of premenstrual syndrome (PMS). Curcumin is thought to increase in the levels of brain-derived neurotrophic factor (BDNF), which is a significant hormone in the nervous system.

There is often a reduction in the BDNF levels among individuals who suffer from PMS cycles. When curcumin is able to increase these hormones, it can help ease the symptoms of PMS.

Pain medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs), are used by millions of women who suffer from PMS. Unfortunately, it has life-threatening adverse effects. As a matter of fact, the use of these medications has been associated with thousands of heart attack cases every year.

What makes curcumin even more beneficial is that it is believed to address the root cause of the PMS problem by increasing the BDNF levels. What makes it even more beneficial is that it is believed to produce dramatic improvements when 100mg of curcumin is taken every 12 hours before and after menstruation.

Curcumin supplements with a black pepper extract are believed to offer more health benefits. Black Pepper extract is a bioavailability-enhancing ingredient, is thought to increase the absorption of curcumin nutrients inside the body (www.amazon.com/tumeric-curcumin-with-piperine/dp/B00JA4TLTI).

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable and longer life. All of the company?s products are manufactured in the United States using the finest quality ingredients that have been carefully selected, tested and crafted into the firm?s winning formulas. Visit http://www.VitaBreeze.com to learn more.

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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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Website: http://www.vitabreeze.com

Email: media@vitabreeze.com

Phone: (407) 545-2239

