



## **Lactating Mothers May Benefit From The Therapeutic Effects Of Turmeric**

*June 17, 2016*

June 17, 2016 - PRESSADVANTAGE -

Orlando, FL ? June 17, 2016- Motherhood is perceived by many women to be one of their life?s greatest blessings. For new mothers, it is imperative that they provide their child with the nutrients they need to survive. Breastfeeding is highly recommended, but there are instances when mothers encounter difficulties in producing milk.

Lactating mothers may benefit from the therapeutic effects of turmeric. There are formulas widely available nowadays, and they are believed to be beneficial for infants. Unfortunately, it seems certain milk products offers health risks than benefits for babies.

Breastfeeding is an ideal way of feeding infants. New mothers should remember that they have higher nutritional needs due to the fact that their bodies require more nutrients to produce sufficient amounts of milk for their baby.

Breastfeeding also reduces the need for baby formulas, many of which contain genetically modified organisms (GMO). GMOs are detrimental to the health of infants. Health risks associated with GMO exposure

are antibiotic resistant diseases, allergies, and nutritional problems.

New mothers may breastfeed to reduce the need for baby formulas. However, there are mothers who find challenges in producing milk. Women should not consume too much caffeine and reduce their stress levels to enhance their milk supply.

A study was published in the Journal of Pediatrics, and it revealed the benefits of breastfeeding. According to the study, breastfeeding does not just enhance the intellect but also the developmental health of babies.

Constant breastfeeding requires mothers to have a sufficient milk supply. Unfortunately, there are mothers who have difficulties doing it due to swollen breasts and clogged mammary glands.

Turmeric can reduce inflammation and swelling in the breast of lactating mothers. New mothers may use this ancient, medicinal spice to have painless and productive breastfeeding sessions.

Turmeric has been used for thousands of years in fighting a range of conditions. This ancient, medicinal spice contains a phytochemical called curcumin, which has powerful therapeutic substances.

Some of the healing ingredients of curcumin are antibacterial, anti-inflammatory, antioxidant, and anti-carcinogenic properties. New mothers may incorporate turmeric in their diet. This can be done by adding turmeric powder in preparing dishes or beverages.

There are also curcumin supplements available nowadays. Some of the best curcumin supplements contain a bioavailability-enhancing ingredient called BioPerine, This black pepper extract can increase the delivery of curcumin's nutrients inside the body.

Supplements are also thought to contain high amounts of curcumin. Curcumin supplements are widely believed to be extremely therapeutic and are even used by individuals who want to increase their protection against diseases ([www.amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M/](http://www.amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M/)).

About Incredipure:

Incredipure is a small nutraceutical company specializing in herbal supplements. Manufactured in the United States following strict GMP guidelines, all products are made using only the highest quality ingredients from suppliers within the U.S.

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