Research Reveals Turmeric Even At Low Doses Is A Wellness Promoting Tonic

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Orlando, FL?June 21, 2016 ? Nowadays, more and more people are turning to the use of natural alternatives such as turmeric to fight a range of conditions. Even an increasing number of scientists and researchers are conducting studies to determine and validate its therapeutic benefits.

Research reveals that turmeric, even at low doses, is a wellness-promoting tonic. Many studies have already been conducted to see the effects of turmeric among individuals who suffer from certain conditions. However, there have been little studies about its effects on healthy people who just want to improve their overall health.

?Curcumin, which is a powerful healing phytochemical, is the most researched active ingredient of turmeric,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

In 2012, the Nutrition Journal published a study with a title ?Diverse effects of a low dose supplement of lapidated curcumin in healthy middle aged people.? It involved healthy middle-aged individuals who were within 40 to 60 years old.

The researchers also used a low dose of curcumin, which is 80mg per day. The participants were divided into two groups, which are the curcumin and placebo group.

It was found that curcumin has been able to reduce triglycerides and increase the plasma contents of nitric oxide, which is a molecule that fights high blood pressure. It has also been found that curcumin succeeded in reducing salivary amylase activities, which are thought to be an indicator of sympathetic nervous system stress.

The researchers found many health benefits associated with the use of curcumin. It has led them to believe that curcumin has powerful wellness-promoting properties. It has the potential ability to prevent the onset of various diseases by simply, naturally providing support to the complex systems of the body.

Turmeric has been used since time immemorial in varying cultures from around the world. It is widely used in the kitchen due to its color and the distinctive flavor it produces. It is also a widely used medicinal spice.

Today, more and more people are using curcumin supplements. Many individuals who suffer from conditions such as arthritis use these supplements as a safer and effective alternative to pain medications. There are also individuals who do not suffer from any condition but still use the natural remedy.

Curcumin supplements are widely used as a preventive measure against a range of conditions. There are many types of curcumin supplements available, and the most popular ones contain a black pepper extract which is a bioavailability-enhancing. (www.amazon.com/turmeric-curcumin-750/dp/B00JA4TLTI).
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