



Turmeric's Anti-inflammatory Effects Beneficial For Stomach Upset Sufferers

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Orlando, FL ? June 21, 2016 ? Nowadays, more and more people are beginning to explore the healing effects of one of the world's oldest and most medicinal spices called turmeric. This ancient, medicinal spice is believed to fight conditions from life-threatening ailments to mild ones such as stomach upset.

Turmeric's anti-inflammatory effects are believed to be beneficial for stomach upset sufferers. Turmeric is a deep orange yellow spice that has been used for thousands of years in traditional Chinese and Ayurvedic medicine.

According to the American Cancer Association, turmeric has a history of use as an anti-inflammatory remedy among herbalists. In a research, it suggests that turmeric has the potential to reduce inflammation.

The University of Maryland Medical Center reveals that the use of turmeric has been going on for the past 4,000 years. This spice contains a phytochemical called curcumin, which is popularized by the antibacterial, anti-inflammatory, and antioxidant properties it contains.

Inflammation is characterized by swelling, redness, heat, and pain. It is a sign that the immune system is efficiently working to fight injury or infection. However, when it is not properly addressed or when it persists for a long period, it could cause damage.

According to the Alternative Medicine Review, turmeric has an inhibitory effect on cytokines, which promote inflammation. Curcumin is believed to suppress the expression of genes, which promote inflammation.

There are many types of stomach discomfort that are caused by various sources. It is believed that turmeric has the potential ability to treat gastrointestinal disorders such as irritable bowel syndrome, ulcers, indigestion, Crohn's disease, and ulcerative colitis.

The University of Maryland Medical Center also noted that turmeric does not only decrease dyspepsia or stomach upset, but also stimulate the gallbladder. The curcumin it contains is believed to stimulate bile production, and this is beneficial since bile aids in digestion.

"Consumers may use turmeric powder or take advantage of the benefits of curcumin supplementation," said Divine Bounty spokesperson, Melissa Scott.

Turmeric can be taken in a powder form. It can be incorporated in one's diet by adding it in dishes and beverages. There are also curcumin supplements available that are widely used around the world nowadays.

There are several reasons why curcumin supplements are popular, and one is that supplements are believed to contain high concentrations of curcumin. There are curcumin supplements that also contain BioPerine, which is a bioavailability enhancing ingredient.

BioPerine is a black pepper extract that is widely believed to help increase the delivery of curcumin's therapeutic properties inside the body (www.amazon.com/Turmeric-Curcumin-BioPerine-Pepper-Extract/dp/B00VSVKJ8I/).

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For more information about Divine Bounty, contact the company here: Divine Bounty Melissa Scott (407) 545-7738 media@divinebounty.com 12001 Research Parkway Suite 236 A Orlando, FL 32826

Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality supplements. Passionate about the potential health benefits of natural ingredients to create ideal blends.

Website: <http://www.divinebounty.com>

Email: media@divinebounty.com

Phone: (407) 545-7738

