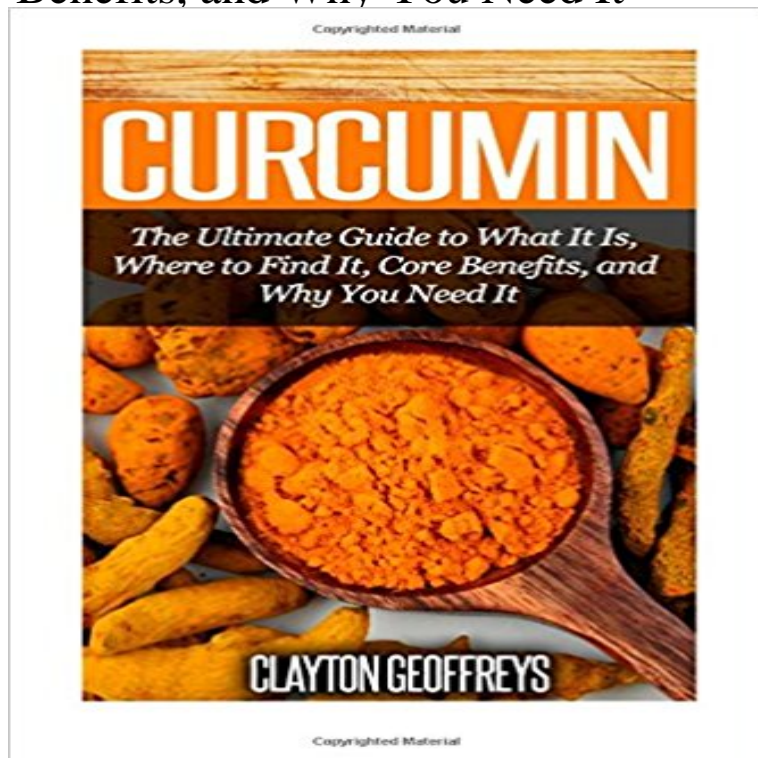


# Curcumin: The Ultimate Guide to What It Is, Where to Find It, Core Benefits, and Why You Need It



Learn everything you need to know about Curcumin! Read on your PC, Mac, smartphone, tablet or Kindle device! In Curcumin: The Ultimate Guide to What It Is, Where to Find It, Core Benefits, and Why You Need It, you'll learn the various health benefits and powers of Curcumin. Curcumin is largely based on the South Asian spice, turmeric, and has been turned to in order to help combat different diseases. Read on to learn about how Curcumin can improve your overall health. Here is a preview of what is inside this book: How is Curcumin Absorbed How Much Curcumin Do We Need? Benefits of Curcumin Curcumin in Cancer Studies Curcumin in Neurological and Vascular Studies Curcumins Effect on Viruses Curcumins Effect on Bacteria Curcumin in Antifungal and Anti-Parasitic Studies Curcumin in Anti-Inflammatory and Antioxidant Studies Who Should Take Curcumin? What Are the Dangers of Curcumin? Curcumins Side Effects Best Natural Sources of Curcumin Where to Find Curcumin? An excerpt from the book: Turmeric (*Cucura Longa*) is an herb, with long narrow leaves and yellow to reddish trumpet shaped flowers. It is indigenous to India and South Asia, and is a member of the ginger family. Curcumin is the active phytochemical ingredient of this plant. Curcumin is the active element in turmeric that prevents disease, infection and protects it from insects. Turmeric root (rhizomes) is used as a spice and is the main ingredient of curry, often referred to as Indian saffron. Curry is the main ingredient of many Eastern style entrees. Asian Indian people have used turmeric for thousands of years as a spice, a beauty enhancer, an insect repellent, as a purifier and sanitizing agent and sunscreen. One of turmeric's primary uses is its dyeing properties that are bright yellow to reddish in color. It is still used today in enhancing food color. Buddhist monks used the dye to

color their bright yellow robes. Eastern Indian women mix turmeric with lime juice to create that bright red dot they place in the center of their foreheads for luck.

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