

TURMERIC 411

Want to help relieve aches and pains, reduce inflammation and heal your digestive tract? Head to your spice rack. Turmeric, that bright yellow spice that gives curry its distinctive color, is a superhero spice that has been used for over 4000 years in India. It's rich in curcumin, a potent antioxidant that makes turmeric a powerful healing agent.

HERE ARE 6 REASONS TO TUNE IN TO TURMERIC:

ANCIENT ANTI-INFLAMMATORY

1

Before aspirin, there was turmeric. Ayurvedic healers have used turmeric to help reduce pain and inflammation for thousands of years.

Research is proving that turmeric can be as effective as over the counter pain medicines for reducing aches and pains.

2

Curcumin gives turmeric its distinctive yellow-orange color and it packs an antioxidant punch which helps mop up free radicals and prevents cell damage.

POWERFUL ANTIOXIDANT

IMMUNE BOOSTER

Studies show that turmeric can help prevent cancerous tumors from forming and spreading, in-

3

cluding specific data on colon, prostate and breast cancer.

4

IMPROVES DIGESTION

This herb can stimulate the production of bile for improved fat digestion. Plus, the anti-inflammatory properties can help heal inflammatory digestive conditions including IBS, Crohn's and upset stomach.

PROMOTES HEALTHY SKIN

5

This gnarly herb makes your skin (inside and outside) more radiant by helping to improve elasticity and reducing redness.

6

BALANCES BLOOD SUGAR

Clinical evidence demonstrates that turmeric can help lower blood sugar levels naturally. Turmeric is also key for overall health, weight management and can help address chronic disease states like diabetes, cancer and heart disease.

TURMERIC TEA LATTE

serves 1

INGREDIENTS

½ tsp. ground turmeric
½ tsp. ground ginger
¼ tsp. cinnamon
⅛ tsp. nutmeg
⅛ tsp. ground cloves
⅛ tsp. cardamom

¼ cup warmed coconut milk (use full-fat Native Forest brand)
¾ cup hot water or hot brewed rooibos tea
4-6 drops of vanilla liquid stevia
pinch of sea salt (optional)

METHOD

Add all powders to an 8-ounce tea cup. Pour in your warmed coconut milk and whisk to blend, making sure to dissolve any clumps. Add liquid stevia. Pour hot tea or water over the top of the mixture. Carefully whisk, and enjoy.

Or use your high speed blender to mix the non-heated ingredients and then heat in a pan over the stove top.

TURMERIC TIP

Don't limit turmeric to just curries. It goes great with just about any food or drink. Add a pinch to vegetables, soups, dressings, marinades and teas. When possible, pair it with black pepper to enhance the bioavailability of the curcumin in the turmeric.