

# TURMERIC

Supreme  
Nutrition &  
Wellness

A spice known to give Curries and other foods a yellow color, Turmeric is much more than a spice and has been used by Ayurvedic healers to treat pain, inflammation and other ailments for thousands of years. Curcumin is the main compound in this ancient spice that provides Turmeric with medicinal properties .

## BENEFITS

- Anti-Bacterial
- Anti-Inflammatory
- Anti-Oxidant
- Balances Blood Sugar
- Blood Cholesterol
- Boosts the Immune System
- Cancer Fighting
- Heals Wounds
- Improves Digestion
- Improves Memory
- Natural Pain Reliever
- Promotes Healthy Skin
- Protects Brain Function
- Reduces Arthritis Symptoms
- Reduces Risk of Heart Disease

## USES

Turmeric Coffee  
Turmeric Tea  
Golden Milk  
Turmeric Lemonade  
Salad Dressing  
Turmeric in Rice  
Turmeric in Soups  
Turmeric Water



## TURMERIC LATTE

1/2 tsp. ground turmeric  
1/2 tsp. ground ginger  
1/4 tsp. cinnamon  
1/8 tsp. nutmeg  
1/8 tsp. ground cloves  
1/8 tsp. cardamom

1/4 c. warmed milk  
1/4 c. brewed hot tea  
1 tsp. maple syrup  
pinch of black pepper  
pinch of pink salt (optional)

Put all the ingredients in a saucepan and whisk constantly over a gentle heat. Once hot, pour into mugs and sprinkle with a little more cinnamon to serve.