



M A R C H

SPICE CLUB

THIS MONTH'S SPICE IS

TURMERIC



TURMERIC, THE GOLDEN COLORED STRONGLY FLAVORED SPICE, IS HAVING A "MOMENT." THIS ANCIENT SPICE, CELEBRATED FOR CENTURIES AS BOTH FOOD AND MEDICINE, HAS RESURFACED WITHIN THE HEALTH AND NUTRITION COMMUNITIES THANKS TO CURCUMIN, THE HEALING SUBSTANCE THAT SUPPLIES ITS VIBRANT COLOR. CURCUMIN HAS SIGNIFICANT ANTI-INFLAMMATORY PROPERTIES THAT ARE SAID TO RIVAL THOSE FOUND IN IBUPROFEN. UNLIKE OVER-THE-COUNTER DRUGS, TURMERIC HAS NO TOXIC EFFECTS ON THE BODY. CURCUMIN'S POWERFUL ANTIOXIDANT ADVANTAGES HAVE BEEN SHOWN TO PROTECT HEALTHY CELLS, PARTICULARLY THOSE FOUND IN THE COLON, FROM CANCER-CAUSING AGENTS. IT AIDS THE BODY IN DESTROYING MUTATED CANCER CELLS BEFORE THEY HAVE A CHANCE TO SPREAD TO OTHER AREAS. TURMERIC ALSO HELPS TO LOWER CHOLESTEROL AND PREVENT HEART DISEASE. ALL THAT, AND IT'S TASTY TOO!