

“We put way to much attention on the purpose of something rather than the passion behind it.”
- **Hanna Hart**

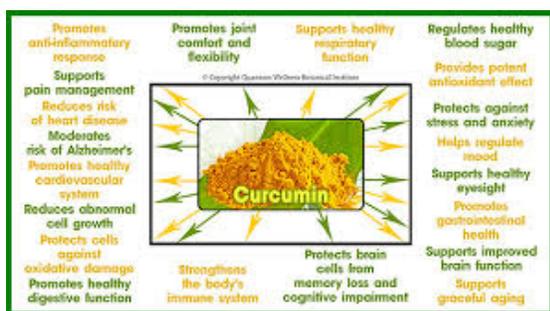
This is a great quote because it's perfect for what I'm trying to do. People often ask me why I spend so much time researching and giving people information about health and wellness. The answer is quite simple. The reason is because I'm **passionate** about helping people get and stay well naturally. I provide information and then you can decide if you want to pursue it further. The environment in which we live is toxic, the food we eat is laden with chemicals and preservatives and the prescriptions many people take are making them sicker. It's time to stop the madness. We must take charge of our own health and start treating the CAUSE of what's making us sick rather than treating the SYMPTOM. I'm passionate about health, wellness and fitness and I want to share that with everyone...especially those who don't have the time to do the research or who blindly follow the advice of doctors who often just don't know any better. We MUST be an advocate for our own health. Ask questions. Demand answers. If you don't get them, find another doctor. Educate yourself. Be passionate about the things in which you truly believe. I am. If you want to learn more about something, ask me. I'll even research it for you.

Yours in health,



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The Power of Turmeric



Most of you are probably familiar with this herb/spice because it's a common ingredient in Indian food, especially curry. It's what gives the dish its yellowish-orange color. But there's something about turmeric most people don't know: it has many healing properties.

What makes turmeric so special is a chemical found in its root: curcumin, which is a polyphenol. This is a chemical compound found in plants that has antioxidant and many other helpful qualities. Antioxidants battle free radicals that cause illness. While researching this topic, I came across two studies. The first was published in the *“Annals of Indian Academy of Neurology”* which looked at curcumin's potential to help in the treatment of Alzheimer's. It stated that curcumin could help something called macrophages, which not only factor into our immune system, but may actually clear away the plaque found in people who have Alzheimer's. The second study, *Advances in Experimental Medicine and Biology*, stated that curcumin has shown it contains the following properties, which just may help with a number of terrible diseases:

- Antioxidant
- Anti-inflammatory
- Antiviral
- Antibacterial
- Antifungal
- Anticancer

Turmeric has been researched extensively. In fact, it's probably one the most thoroughly studied plants out there. Its medicinal properties have been the subject of thousands of peer-reviewed and published biomedical studies. If you're interested, go to www.pubmed.gov and enter "curcumin". At last check, there were a staggering 9,227 results on this topic.

Even the American Cancer Society has run tests that showed curcumin killed cancer cells in lab tests. It has also been shown to reduce the spread of tumors. In all, there are over 50 studies that show curcumin can help naturally start the process of cancer cell death. This seems to indicate that given the strong track record of turmeric (curcumin) use as a food and as medicine for thousands of years in many different cultures, a strong argument can probably be made for using it to help in the treatment of cancer. Additionally, because of its anti-inflammatory properties, it may be helpful in treating diseases caused by inflammation, such as osteoarthritis.

Hopefully, you're wondering how you can add this wonderful herb into your daily diet. Because it's not a staple of the American diet, one of the easiest ways to get curcumin into your body is to take a supplement. But choose wisely and buy from a trusted source. Unfortunately, a lot of supplements don't contain the right doses and components to do what they're supposed to do. If you take the wrong supplement, you'll waste money and do your body a disservice. However, if you're on any medication, please talk to your doctor first to make sure there won't be any type of interaction.

You can also eat some curry dishes, which are rich in the spice turmeric. Black pepper (one of my personal favorites) helps your body absorb the curcumin. Turmeric tea with some (raw) milk is also another good source of curcumin. Adding the milk (preferably raw) helps with the absorption of curcumin into your system because it's fat-soluble.

But please beware. My least favorite governmental agency actually did something right for a change and recently issued a recall on 2 turmeric manufacturers (Gel Spice Co., Inc. and J.M. Exotic Foods) due to high levels of lead found in their products. Lead is extremely toxic to our bodies and unfortunately, many foods contain it. A while back I switched protein powders because I learned the one I was using was found to have high levels of lead and other heavy metals. You can find all the information about the turmeric recall here:

http://www.naturalnews.com/054964_turmeric_spices_lead_contamination_FDA_recall.html

The great news about curcumin is that current research looks very promising and hopefully these studies will continue. Let's just hope Monsanto doesn't get wind of it, or they'll undoubtedly try to come up with a drug that they'll claim will do the same thing. But it won't. Chemicals can and never will trump nature.

Have a wonderful month.