

## **Curcumin – Nature’s Pain Reliever – Part I**

By Mike King, Mari-Mann Herbs

Curcumin is the principal curcuminoid and pigment of the popular spice turmeric, harvested from the plant’s root. Turmeric, a member of the ginger family, has long been used both as a spice in curry dishes and as a natural dye. Turmeric is believed to be indigenous to India. From India, it is likely that the plant spread to Southeast Asia and gradually to East Asia, particularly China.

Turmeric has a long history as a medicinal plant, having been used in both Ayurvedic (a form of medical practice native to the Indian subcontinent) and traditional Chinese medicine for centuries. Now with over 5000 studies, Curcumin has been shown to have great promise for a wide variety of health issues. Curcumin has even been compared to pharmaceutical drugs for the treatment of a wide variety of diseases.

Health benefits:

### 1. Pain Relief

Curcumin actually works with your own body's processes to support natural healing and function by naturally blocking and balancing multiple channels of inflammation.

### 2. Antioxidant

Because Curcumin is such a super antioxidant, it helps to keep the arteries clear of the potentially fatal oxidized cholesterol or plaque build up. Antioxidants are substances that may protect your cells against the effects of free radicals. Free radicals are molecules produced when your body breaks down food, or by environmental exposures like tobacco smoke and radiation. Free radicals can damage cells, and may play a role in cancer, heart disease, and other diseases.

Curcumin(BCM95®) has an antioxidant ORAC (Oxygen Radical Absorbance Capacity) value of over 1,500,000. The ORAC value, or "ORAC score" is a method of measuring the antioxidant capacity of different foods and supplements. It was developed by scientists at the National Institutes of Health. "Curcumin demonstrates superior antioxidant and anti-inflammatory effects and provides liver and heart protective benefits as well. It is a potent antibacterial, antifungal, antiviral, anti-allergenic and has antitumor and anti-cancer properties." – Ajay Goel, Phd., director of Epigenetics and Cancer Prevention at Baylor University Medical Center.

### 3. Reduces Inflammation

Curcumin greatly reduces inflammation, regenerates cartilage, provides significant chronic pain relief and might even prevent rheumatoid arthritis.

#### 4. Purifying Properties

Due to its purifying properties Curcumin can knock out viruses, bacteria and fungi creating the possibility of treating everything from colds and flu to pneumonia, wound healing

#### 5. Brain Health

Brain health is core to living the "Good Life". Curcumin can cross the blood brain barrier and has been shown to be effective against Alzheimer's and dementia<sup>1,2</sup>. Curcumin can also protect brain cells and destroy plaques and tangles. Memory has been improved in individuals with Alzheimer's. Heavy metal toxicity, thought to increase Alzheimer's and many other diseases, has also been reduced through the natural chelation (toxic heavy metal cleansing) effect of Curcumin.

#### References:

1.<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2781139/>

2. Yang F, Lim GP, Begum AN, et al. Curcumin inhibits formation of amyloid beta oligomers and fibrils, binds plaques, and reduces amyloid in vivo. *J Biol Chem.* 2005;280(7):5892-5901.

#### ORAC SIDE BOX

ORAC stands for Oxygen Radical Absorbance Capacity. It's a lab test that attempts to quantify the "total antioxidant capacity" (TAC) of a food.

For Reference:

Raw Blueberries are 4,669

Raw Apples are 3,049

Ground Turmeric Root is 127,068

Curcumin - BCM-95® is 1,592,770

\*This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease