

Add turmeric to your healthy living goals for 2020



Intro: I've been talking about the benefits of turmeric for a VERY long time. Here's a succinct rundown of its health benefits from the folks at Future Pharm, who have developed a highly potent delivery system for this core supplement . . .

—Dr. Ronald Hoffman

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Right about now, those optimistic goals you made on New Year's Day may be starting to fall by the wayside. Most resolutions fail because they're too aggressive or demand too big of a change from the routine most people are used to. A better solution? Commit to better overall health in 2020 by making small changes that can really add up. Turmeric can be one of those easy-but-significant changes that can lead to better health.

Why add turmeric to your health regimen?

One of turmeric's greatest health benefits is how it helps fight inflammation. Curcumin, the main ingredient in turmeric, is a proven and powerful anti-inflammatory. Therefore, it makes sense that taking a natural anti-inflammatory such as turmeric can help treat or prevent health issues related to inflammation. Here are a few negative effects inflammation may have on the body:

- Harmful to your joints
- Linked to heart disease
- Linked to a higher risk of cancer
- Can negatively impact your sleep
- Bad for your lungs
- Damages bones
- Makes weight loss more difficult
- Affects skin
- Linked with depression

Why taking turmeric is a smart alternative to over the counter drugs

There are several reasons to consider a more natural alternative to over the counter

drugs, including NSAIDs. Considering that unlike more natural remedies, many prescription drugs have a limit on how long you can take them without experiencing adverse effects, a natural supplement like turmeric could be a good option. For example, many people take turmeric instead of NSAIDs to allow the body to heal naturally without potentially damaging stomach, liver and kidneys. Another possible problem with NSAIDs: For years, NSAIDs suppressed the inflammation, pain, and fever brought on by COX-1 and COX-2. Unfortunately, they also suppressed the good effects produced by COX-1, the platelet activation and stomach protection. Turmeric won't do that.

Does turmeric help with anything else?

Turmeric has been used for medicinal purposes for nearly 4,500 years! There's good reason for that, as turmeric has several healthy attributes. As far as health benefits go, here's a quick list of what turmeric may help with:

- Reduces inflammation
- Increases antioxidants
- Improved brain function
- Lowers risk of heart disease
- Helps reduce arthritis
- Fights depression
- Anti-aging properties

If you're looking to live a healthier life in 2020, adding a natural supplement like turmeric is a smart move in the right direction.