

## Science confirms Turmeric as effective as 14 drugs



### **Lipitor/Atorvastatin (cholesterol medication)**

A 2008 study published in the journal *Drugs in R & D* discovered that curcuminoids, found in turmeric, can be used to treat endothelial dysfunction, a condition affecting the functionality of blood vessels. Researchers also believe that curcumin can help treat inflammation and oxidative stress in type 2 diabetic patients.

### **Corticosteroids (steroid medications)**

A 1999 study published in the journal *Phytotherapy Research* found that curcumin can treat chronic anterior uveitis, an inflammatory eye disease, similar to the way steroids are used, but in a safer, healthier fashion. Another study found that curcumin can act as an alternative therapy for protecting lung-transplantation-associated injury, working similarly to the corticosteroid drug dexamethasone, but without the side effects.

### **Prozac/Fluoxetine & Imipramine (antidepressants)**

A 2011 study published in the journal *Acta Poloniae Pharmaceutica* found that curcumin worked in treating depression, potentially capable of replacing psychotropic drugs like Prozac. Aspirin (blood thinner)

### **Blood-thinner drugs**

A 1986 study published in the journal *Arzneimittelforschung* found that curcumin has “anti-platelet and prostacyclin modulating effects compared to aspirin,” and might be capable of treating patients prone to blood clots and requiring anti-arthritis therapy.

### **Anti-inflammatory Drugs**

A 2004 study published in the journal *Oncogene* found curcumin to be an effective alternative to drugs like aspirin, ibuprofen, anti-inflammatory pharmaceuticals and tumor-cell-fighting medications.

### **Oxaliplatin (chemotherapy drug)**

A 2007 study published in the *International Journal of Cancer* discovered that curcumin could be used to treat colon cancer, potentially replacing oxaliplatin.

### **Metformin (diabetes drug)**

A 2009 study published in the journal *Biochemical and Biophysical Research Communications* found that curcumin might be valuable in treating diabetes and increasing glucose uptake. Researchers think that it may also be capable of suppressing glucose production in the liver in patients with hepatocellular carcinoma, one of the most common cancers worldwide. Scientists found curcumin to be 500 times to 100,000 times more potent than the diabetes drug metformin.

**NB: Take curcumin with black pepper (piperine), an all natural substance that helps with curcumin absorption. Because curcumin is fat soluble, also take it with a fatty meal.**