



THIS WEEK'S FIND  
ANOTHER GOLDEN NUGGET

# A Dose of Self-Care

**Have you tried turmeric? It's a spice that has been used in India for centuries both in cooking and in medicine. Today in the West, we know it as a trendy superfood.**

Turmeric's main active ingredient is called curcumin which is known to have anti-inflammatory and antioxidant effects. The presence of curcumin is the reason turmeric is so good for you. Check out the benefits of consuming turmeric below.

## **Turmeric may fight and prevent cancer.**

Turmeric's ingredient, curcumin, has been found to help fight cancerous cells, reduce growth of new blood vessels in tumors and reduce the spread of cancer.

## **Turmeric is helpful in treating Alzheimer's.**

Studies show that curcumin can cross the blood-brain barrier and improve inflammation and oxidative damage. It can also help clear amyloid plaques, another effect that plays a role in the disease.

## **Turmeric helps fight depression.**

A study published in the National Institutes of Health compares a group of individuals who took Prozac and a group who took 1 gram of curcumin. The results show that both groups experienced similar improvements.



**Pro tip:** Consume turmeric alongside black pepper to help your body absorb it.