



*Curcuma longa*

Family: *Zingiberaceae*, includes ginger

Parts Used: rhizome (root)

Turmeric is among the most antioxidant-rich, anti-inflammatory, and immune-enhancing herbs available. (Rosemary Gladstar) Many experts say that combining turmeric with black pepper enhances its effectiveness significantly.

### Properties:

Adaptogen, alterative, anti-inflammatory, antibacterial, antibiotic, anticancer, anticoagulant, antioxidant, carminative, cholagogue, hemostat, vulnerary.

### Medicinal Uses:

- arthritis, osteoarthritis, rheumatoid arthritis and other inflammatory conditions
- liver and gallbladder disorders, including jaundice
- enhance and supports the liver
- digestive aid - use to treat any digestive problems
- food poisoning
- enhance and support immune system
- chest colds and coughs
- can lower blood cholesterol and prevent formation of blood clots
- aids circulation and improves blood vessel health
- enhances heart and cardiovascular system
- because of the strong antioxidant properties it can be helpful in treating many forms of cancer
- fights off free radicals, stops the proliferation of rapidly dividing cancer cells
- stimulates immune cells that fight cancer
- prevention and treatment of degenerative conditions, due to high antioxidant and immune stimulant properties
- cataracts, due to strong antioxidant content

## Methods of Use:

- herbal tea; include some black pepper, ginger, cinnamon and nutmeg to enhance the effectiveness and for a tasty drink.
- herbal sprinkle; add right to your food, include in your dishes such as curry and golden milk.
- herbal capsules
- herbal honey
- tincture/glycerite
- herbal oil
- bath and foot soak

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.