



Step into 2019 with the new hottest health trend. The spice turmeric is a natural anti-inflammatory and it boosts the antioxidant capacity of the body. It is best known for giving curry its bright yellow color. Curcumin, the main active ingredient in turmeric, is said to improve brain function and lower the risk of brain and heart disease. It has also been claimed that taking a daily dose of turmeric supplements can reduce the pain caused by arthritis. To read more about the many health benefits of turmeric, *see pg. 14.*

*Designed by Ashley Moreman | Photo by Cate Groubert*