# The Healing Power of TURMERIC Warren Jefferson CREMCHARMAN

# The Healing Power of Turmeric

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### THE HEALING POWER OF TURMERIC



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Book Publishing Company, United States, 2015. Paperback. Book Condition: New. 117 x 18 mm. Language: English . Brand New Book. Primarily known as a culinary spice in Indian and Asian cuisine, turmeric also has a rich history as a medicinal and has been a vital component of Ayurvedic and traditional Chinese medicine for thousands of years. Health researcher Warren Jefferson presents a concise overview of turmericand its active compound, curcuminand describes the antioxidant, anti-inflammatory, antimicrobial, and anticancer effects of this amazing nutraceutical. Usage recommendations and safeguards are thoroughly covered. Included are eight recipes that incorporate turmeric, demonstrating how easy it is to obtain turmeric s healing benefits by making it a regular part of your diet.



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