

# ***Is it a magical drink?***

- By Kriti Bhatia

*And here we are talking about the Golden Milk prepared with the Golden Root - Raw Turmeric.*

*Turmeric root is known as Kacchi Haldi in Hindi. It has been a miraculous ingredient in India for ages. The medical benefits of turmeric root can be traced back to the time of Ayurveda. Curcumin is the main ingredient found in turmeric that can heal numerous ailments and diseases. It is known to be the warrior for most of the problems in the human body.*

## ***Benefits:-***

### ***Raw turmeric milk for healthy people***

*Consuming raw turmeric milk every night before going to bed can have several health benefits for healthy human beings.*

*It can:-*

*improve immune function,  
promote better heart health,  
aid in digestion,  
lower blood sugar levels,  
improve mood,  
reduce the risk of cancer and,  
many others.*

### ***Anti-inflammatory and Antioxidant***

*Turmeric is known for its anti-inflammatory properties. In India, when someone gets hurt or injured, turmeric milk is served so that the wound can mend rapidly.*

*The antioxidant property of turmeric reduces/prevents the damage of cells caused by free radicals.*

### ***Arthritis***

*Studies have shown that curcumin has anti-arthritic effects in human beings. So, if you're suffering from joint pain, golden milk will assist you a lot.*

### ***Boosts Immunity***

*We know that people with healthy immune systems are less prone to diseases and have a better capability to fight diseases/ailments. Turmeric has over 300 nutrients in it. It is quite helpful in boosting the immune system. It is very beneficial in eliminating cold, cough, and chest congestion.*

### ***Cancer***

*Countries where people consume more curcumin, have shown lower rates of certain cancers - says research.*

*Some lab studies say that curcumin has anti-cancer effects. Curcumin can kill cancer cells and can put a stop to growing cancer cells. Supreme effects can be seen in breast cancer, bowel cancer, stomach cancer, and skin cancer cells.*

*Research is still going on to find out the effects of turmeric on cancer.*

### ***Purifies Blood***

*Turmeric removes toxins from the blood and helps purify it. Turmeric expedites the healing process and assists in generating red blood cells. It is quite beneficial for the liver.*

### ***Anal Fissure and Haemorrhoids - my personal experience***

*Turmeric has proven beneficial in healing fissures and hemorrhoids. You can also mix a little psyllium husk in turmeric milk before going to bed for better effects as psyllium softens the stools and aids in anal fissures and hemorrhoids. Add only a small amount of psyllium husk as it may result in loose stools. P.S This point is not proven or suggested by someone. It is my personal experience.*

## ***Mindblowing research:-***

***When curcumin in turmeric gets combined with piperine in black pepper, the curcumin absorption increases to 2000 percent.***

***So, do not forget to add a pinch of black pepper (grind it yourself) while preparing raw turmeric milk.***

## ***How to prepare Golden Milk?***

*Note: Make sure you buy raw turmeric (Kacchi Haldi) because turmeric powders can contain impurities.*

- *Put milk in a pan to boil.*
- *Take a piece of turmeric root and grind it (you can do that using mortar and pestle).*
- *Put the ground turmeric into the pan. Keep stirring after every minute. Let the milk boil for a few minutes.*
- *Now add a pinch of ground black pepper into the milk and stir it. Let it boil for a minute or two.*
- *Strain the milk into a mug. Press the residue over the strainer into the glass with a spoon so that no nutrients are left.*
- *Enjoy the hot milk. Try to take it during the night, before going to bed.*

*If milk does not suit you, you can replace milk with water. The process used for preparing turmeric water will be the same as turmeric milk except for replacing milk with water.*

## ***A word of Caution:-***

*Turmeric is very safe when used in cooking. It causes few or no side effects so far. If you are using it for medical purposes, consult with a doctor as taking turmeric in large amounts may have side effects.*