

# Turmeric.

THE MAGIC OF CURCUMIN



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Turmeric

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# Alison Carroll - Healing with Turmeric

"TURMERIC HOLDS A SPECIAL PLACE IN MY HEART AND MY KITCHEN."

My journey with Turmeric began 4 years ago when chronic pain caused by my arthritic knees had me scrambling for relief. Within days of my starting to take turmeric, my knees began to feel better and I was amazed at how effective and healthy this remedy was. On the one occasion when I ran out of turmeric, the pain returned in a few days.





My healing has inspired me to reach out and share the miracles of turmeric with everyone. I've been working with turmeric for more than three years and I've helped hundreds of people overcome their health challenges by taking turmeric. Over the years many of my customers have asked me for the best way to take their turmeric, so here I share with you my favourite turmeric recipes that are simple to prepare and fun to eat.

I hope that you have as much fun reading this eBook as I had in producing it. Do try the recipes, make them your own. And last but not least I would love to hear from you, so drop me a line at:  
[tumericforhealth@gmail.com](mailto:tumericforhealth@gmail.com)

**Time for a cuppa and a read.**



# What is Turmeric?

Turmeric is an amazing spice (*Curcuma longa*) that has been utilized in Indian cuisines for ages! The spice has its origins from South Asia with the largest Turmeric centre located in the Indian state of Maharashtra. Across the world, it has other varied names such as Haldee, Indian saffron, Terremerite and Zirsood. The turmeric plant belongs to the Zingiberaceae family and is similar to the ginger plant as both come from the same plant family. The most common part of the turmeric plant that is consumed is known as a rhizome, which is an underground stem. These rhizomes are thick and plump with crooked off shoots that look like short fingers. The turmeric plant grows by shooting up a cone like structure at the end of the stalk. This structure opens into a number of small pale, yellow flowers. The plant can grow a metre tall and grows wide leaves. These leaves are edible as well but are not as commonly consumed. Turmeric is included in many curry dishes to give it the classic yellow colour and spicy taste. It's all about one key ingredient.

The age-old secret as to how turmeric has so many amazing properties, is down to the active ingredient in turmeric called curcumin. The yellow colour of the turmeric is due to curcumin. Curcumin has been used in the ancient Indian Ayurveda medical system for thousands of years, and more recently scientific studies have shown that curcumin has immensely powerful antioxidant, anti-inflammatory, anti-viral, anti-bacterial and anti-fungal properties.



Turmeric spice is considered beneficial for alleviating digestive issues e.g. Crohn's disease, for a wide range of inflammatory diseases, such as arthritis and fibromyalgia, for restoring bone strength and structure, in osteoporosis. It can also be beneficial for helping with skin conditions. It can also help with such conditions as cardiovascular disease, detoxing a fatty liver, fibroids, depression, Alzheimer's disease, and dementia. It can help balance blood sugars, so helps with diabetes, and can help reduce cholesterol.

There are two important things that you need to be aware of before you take any turmeric product. The first is the level of curcumin in the turmeric. The best turmeric comes from India and has a 6% curcumin. Also, the body does not easily absorb the curcumin, so it is vital that you have digestive activators with your turmeric as well. The most important of those are black pepper and an oil such as coconut, spices such as ginger, cloves, fennel, true cinnamon, and cardamom also help in ensuring maximum absorption.

The best turmeric products use the whole turmeric rather than a curcumin extract, as the wholefood has been scientifically shown to be more effective, as it contains over 300 compounds that are important to our overall health.

## TURMERIC CHAI LATTE

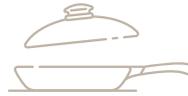
Turmeric chai is considered a magic elixir, especially by Indian mothers, to ward off the common cold and flu, particularly in children.



SERVES  
2



TIME  
5 MINS



METHOD  
SAUCEPAN



DIFFICULTY  
EASY

### Ingredients

- 2 cups milk, almond milk or coconut milk
- 1 heaped teaspoon TurmeriX
- 1 teaspoon raw honey or maple syrup to taste
- Pinch of cayenne pepper (optional)

### Directions

- Blend all ingredients in a high-speed blender until smooth.
- Pour into a small saucepan and heat for 3 – 5 minutes over a medium heat until warm but not boiling.
- Drink immediately, whilst warm and fresh.

# Good Health with an Alkaline Diet

When it comes to improving health, very little you do matters more than improving your acid-alkaline balance with an alkaline eating plan. Using your TurmeriX will really help but you can go further by adopting a more alkaline diet.

## Is your diet acid-forming or alkaline-forming?

Eating “alkaline” means that you’re trying to keep your body’s acid base (pH) between 6.5 (slightly acidic) and 7.5 (slightly alkaline). Most of the food we eat has the potential to alter our pH. When digested, some foods leave acidic by-products in the body (acid-forming foods); others leave alkaline by-products (alkaline-forming foods).

- Acid-forming foods include most high-protein foods, such as meat, fish, eggs, and most legumes (beans and peas, except lentils, which are alkaline-forming). Sugar, coffee, alcohol, dairy and most grains are also acid-forming.
- Alkaline-forming foods include nearly all vegetables and fruits, many nuts and seeds, and spices, especially turmeric.

Our Stone Age ancestors ate hundreds of different types of natural whole foods. Seeds, nuts, vegetables, fruits, and roots were supplemented with game animals and fish, providing on average a pH-balanced diet. Our organs and body systems evolved in adaptation to this diet. It’s as if Nature said, “You can eat acid-forming meat, beans, and other high-protein foods, but you must balance these with an abundance of the alkaline-forming vegetables, fruits, nuts, seeds, and spices.” And for thousands of years, that’s exactly what we did.





## What are problems with an acid-forming diet?

Unfortunately, we've strayed from the acid-alkaline balanced diet that our ancestors achieved. We favour meat, sugars, grains, low-mineral processed foods, and other acid-forming foods and get far too few alkaline-forming vegetables, fruits, nuts, and seeds. The net result is that our eating patterns create a condition known as "chronic low-grade metabolic acidosis." While our bodies can easily handle an occasional acid load, long-term acid build-up can exhaust our available alkalizing reserves. Unless we take steps to neutralize these acids, they can damage our health in many ways — and this is the underlying cause of many of our modern health problems.

## How to start an alkaline diet plan?

If you have symptoms of acid imbalance, eat 80% of your foods from the alkaline-forming group. The other 20% can be high protein items and other acid-forming foods. Later, when your pH balance has improved (which you can tell by urine testing or by the fact that your symptoms have resolved), you can lower the alkaline-forming part of your diet to around 65%. Don't forget to add your TurmeriX to the mix.

## Here are some general guidelines for eating alkaline:

- Focus on eating whole foods, like vegetables, root crops, fruits, nuts, seeds, spices, whole grains and beans (especially lentils).
- Drink alkalizing beverages such as spring water and ginger root or green tea, water with the juice of a whole lemon or lime. Beware of tap water, often high in chlorine and fluorine.
- Eat smaller amounts of essential fats, meat, fish, pasta and other grains.
- Eliminate processed and artificial foods, caffeine, white sugar, and white flour.
- Don't be afraid to use real butter, ghee, and full-fat milk (if you use dairy).
- Dress salads or cook with high-quality fats such as cold-pressed virgin olive oil, coconut oil, and avocado oil.

July 20, 2015//in Alkaline Balance /by Dr. Susan E. Brown

Turmeric porridge is a great way to start the day - wonderful on a cold, winter morning.

## TURMERIC PORRIDGE



SERVES

2



TIME

8 MINS



METHOD

SAUCEPAN



DIFFICULTY

EASY

### Ingredients

- 1 cup oats
- 1.5 cups oat milk
- Juice of 1 orange
- ½ teaspoon TurmeriX
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- 3 tablespoons sliced almonds
- 1 cup blueberries (fresh or frozen)
- a pinch of salt

### Directions

- Start by adding the oats and oat milk to a pot and allow it to cook for about 5 minutes, or until bubbling.
- Whilst that is cooking roast the almond slices in a small saucepan without oil until they turn slightly golden brown.
- Add the cinnamon, ginger and orange juice and stir frequently. If it gets too dry, add more orange juice or oat milk.
- Finally add the TurmeriX with the honey or maple syrup if desired.
- Garnish with the blueberries, and almond slices. If you use frozen berries, heat them up in a saucepan before stirring them in.

# Curcumin for Immunity

Turmeric spice is considered beneficial for alleviating digestive issues such as Crohn's disease, for a wide range of inflammatory diseases including arthritis and fibromyalgia, for restoring bone strength and structure in osteoporosis. It can also be beneficial for helping with skin problems like eczema . As well as helping with such conditions as cardiovascular disease, detoxing a fatty liver, fibroids, depression, Alzheimer's disease and dementia. Additionally, turmeric has been shown to help balance blood sugars, so helps with diabetes and can help reduce cholesterol.

A healthy diet, adequate sleep and exercise are all factors that strengthen your immune system but there is something else you can do to prevent your immunity dropping below the recommended levels and giving it a boost. And it's sitting comfortably in your spice cabinet - Turmeric, a yellow coloured and warm spice that comes from the root of the Curcuma plant.

Over the years, turmeric has become a popular ingredient for all those people who believe in healthy living. Though the western world came to realise the benefits of this wonder spice comparatively late, Indian kitchens have depended on turmeric or Haldi for centuries. It goes in almost every curry and savoury dish that is cooked, as it helps in the process of cooking and also adds nutritional value to it. Haldi is also consumed uncooked with milk and warm water or tea, to help combat cold or flu. It helps enhance the immunity and eliminate cold, cough and chest congestion.



According to research published in the journal PLOS ONE (Public Library of Science), curcumin, the main compound in turmeric is known to have anti-inflammatory properties that help boost immunity. Turmeric, which is anti-viral, anti-fungal and anti-bacterial, is also pre-biotic and helps promote the growth of healthy bacteria in our gut. Turmeric is a powerful herb with over 300 nutrients including beta-carotene, ascorbic acid (Vitamin C), calcium, flavonoids, fibre, iron, niacin, potassium, and zinc amongst others. But the active compound which has caught the attention of scientists' is curcumin, for its anti-inflammatory and anti-bacterial properties especially. Absorption of curcumin into the body is enhanced by up to 2000 times by piperine, a compound present in black pepper.

Turmeric in its raw state is packed with several health benefits including immunomodulatory effects. It achieves this by modulating the activation of T cells, B cells, macrophages, and natural killer cells. Interestingly, curcumin at low doses can also enhance antibody responses.





## TURMERIC PUMPKIN SOUP

Pumpkin soup is a great winter warmer either as a starter or as a main meal with cheesy toast.



SERVES

2



TIME

30 MINS



METHOD

SAUCEPAN



DIFFICULTY

EASY

### Ingredients

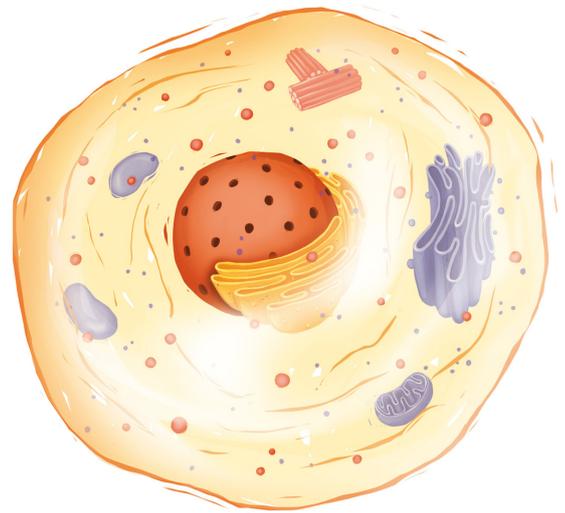
- 1.5 kg pumpkin, seeded & chopped
- ½ cup cream
- 1 onion finely chopped
- 1 L vegetable stock
- ¼ tsp grated nutmeg
- 2 tsp TurmeriX
- Freshly ground black pepper to taste
- Sour cream to serve

### Directions

- Place pumpkin, onion, and vegetable stock in a large saucepan.
- Cover and bring to the boil.
- Reduce heat and simmer for 20 minutes.
- Put through blender, in batches, until smooth.
- Return to saucepan and add the cream, nutmeg, TurmeriX and pepper.
- Cook until heated through.
- Serve with fresh crusty bread and sour cream.

# Turmeric & Oxidative Stress in the Body

The human body is made up of about 75 trillion cells, and the overall health of your body depends, not only on the health of these cells, but on the mix of normal cells and those suffering from oxidative stress. The more cells suffering from oxidative stress the more we show signs of aging and are prone to a wide range of diseases, especially those with an inflammatory base, such as arthritis, osteoporosis, bowel disorders, diabetes, heart problems etc, etc, it is a very long list!



Oxidative damage is believed to be one of the main mechanisms behind aging and many of the diseases we are challenged with. It is caused by free radicals, which are, highly reactive molecules with unpaired electrons. They are a natural part of the breakdown of your food but there are other sources of oxidative stress. These include such things as pollution, radiation, smoking, pesticides and cleaners. It is estimated that we encounter in 15 minutes the amount of oxidating pollution, that our grandparents took a lifetime to absorb!! No wonder so many of us suffer from such a wide range of debilitating diseases.

Free radicals have a tendency to react with important organic substances, such as fatty acids, proteins or our DNA, which are vital to our healthy living. The main reason antioxidants are so beneficial is that they protect your body from free radicals. Curcumin, which is the active ingredient in Turmeric, is a potent antioxidant that can neutralize free radicals due to its chemical structure. In addition, it has been shown that curcumin can boost the activity of your body's own antioxidant enzymes. The main one you may have heard of is glutathione. In that way, curcumin delivers a one-two punch against free radicals. It blocks them directly, then stimulates your body's own antioxidant defences. So, in summary, curcumin has powerful antioxidant effects. It neutralizes free radicals on its own but also stimulates your body's own antioxidant enzymes.

**Did you take your Turmeric today?**

This dish is a crowd pleaser - a great family favorite.

## TURMERIC CURRIED SAUSAGES

### Ingredients

- 8 thin beef or pork sausages
- 1 large brown
- Onion, chopped
- 3 cloves garlic, crushed
- 250g button mushrooms, quartered
- 10 curry leaves
- 2 tb plain flour
- 1/2 cup peas
- 2 cups beef stock
- 1 tsp TurmeriX
- 2 tsp curry powder



SERVES

4



TIME

30 MINS



METHOD

POT



DIFFICULTY

EASY

### Directions

- In a heavy based pot, heat 2 tablespoons oil.
- Add garlic, onions and mushrooms and peas sauté until onions are translucent
- Gripping the sausages between your index finger and thumb, squeeze the meat out of the casings into 3 cm lengths, directly into the pan.
- Add the curry leaves and stir gently until the sausage meat starts to colour.
- Add the flour and curry powder and stir for a further 2 minutes.
- Add the stock and simmer for 10 – 15 minutes.
- Just before serving, stir through the TurmeriX for that lovely spicy taste and goodness.
- If you like your curry hotter, you can add more of both the curry and the TurmeriX powders.
- Season with salt, if needed, and serve with mash or boiled potatoes.



# The Importance of Good Hydration

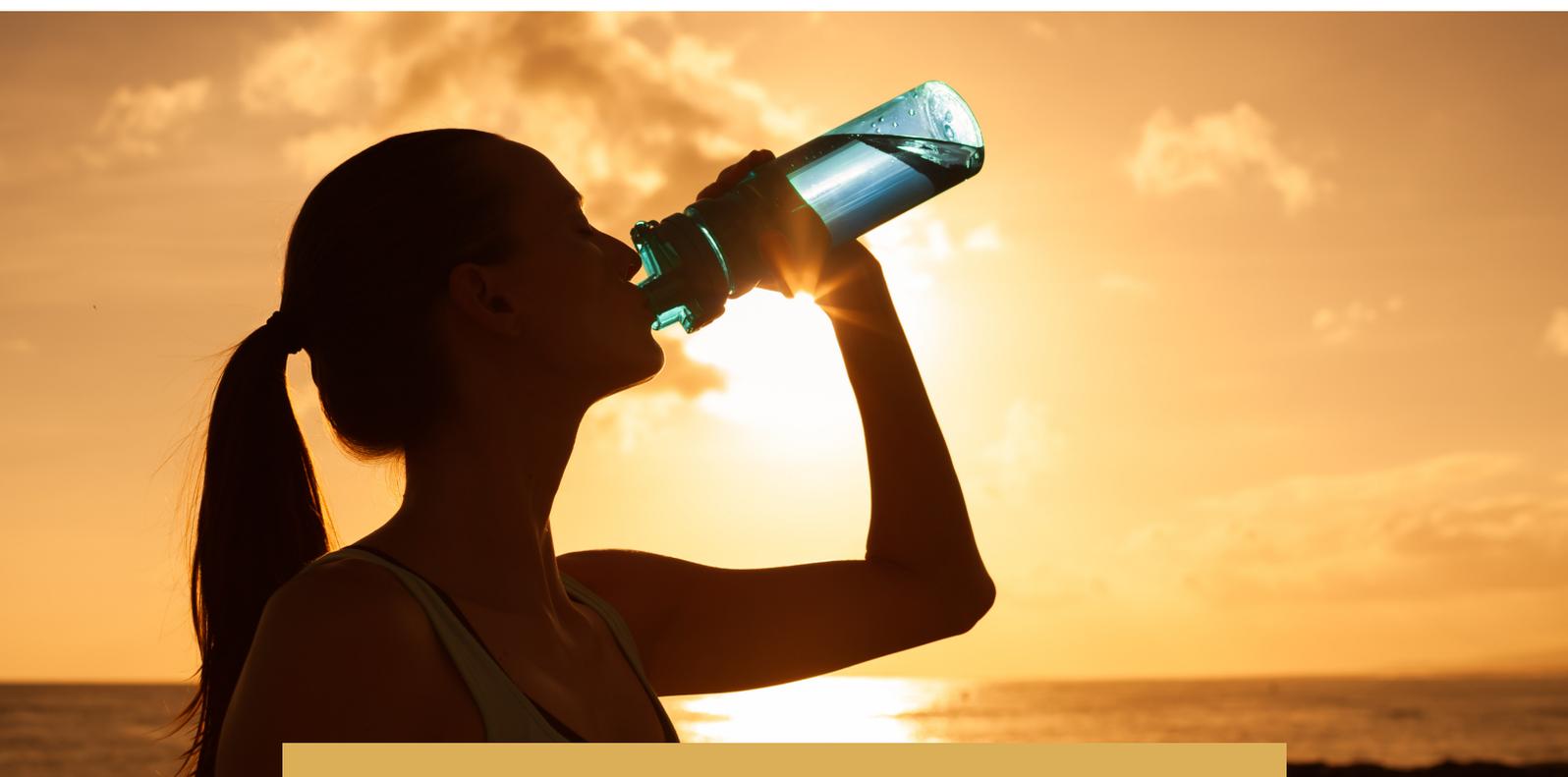
We all know that water is vital for our bodies and that without water we will die. But it's not just a black and white situation, without adequate hydration our bodies will continue to operate but they won't be operating at an optimal level. It's just like if you run your car on low levels of oil, it will continue to work, but it won't cool the engine properly or remove all the rubbish fragments causing rough running.

Your body is no different. Without adequate levels of hydration, the cells of your body won't be able to absorb nutrition correctly – and that includes your TurmeriX – you will be more prone to heart problems, digestive issues especially constipation. Your muscles and joints need plenty of water for them to operate properly or the fascia of the muscle become stiff and inflexible, your joints won't be able to move smoothly, leading to aches and pains. If you don't have enough water, the vital job of the interstitial fluid – your toxin removal system won't work properly, causing a build-up of toxic waste in your body – which can cause major diseases such as IBS, eczema, depression and chronic fatigue. Sufficient water is critical for all the systems of the body – Circulatory system, Nervous System, Muscular System, Respiratory System and your Digestive System.

So how much water do we need? Well depending on your size, the amount of exercise you do and how much you perspire, it's recommended that you drink between 1.5 – 3 litres of water a day, plus whatever else you consume in the way of tea and coffee. However, don't drink lots of soda, sports drinks, or alcohol. Even fruit juice can have hidden calories if you drink just the juice without eating the whole fruit, though things like watermelon straight from the fridge on a hot day are wonderful.

The other problem that we encounter is our water quality. Now I can hear you saying but our water quality is great, well yes and no. It won't kill you or make you sick, but sadly by the time it comes you it's been highly processed. The water in Port Macquarie for example is so highly chlorinated that even my dog wont drink it and I give him filtered water. This is not the type of water that our bodies have evolved to absorb. The best type of water is the sort of thing that most of us have forgotten how it tastes. It has natural minerals in it and when we drink that type of water it by passes our digestive system and is absorbed directly into our blood stream.

Now I'm not suggesting that you buy expensive bottled water like Evian. There is a simple way that we can replicated the way that water used to be. Firstly, it is important that you filter your water, though a simple Brita filter or similar is fine. The important step is to add the minerals back into the water. To do this for every litre add a small pinch if a good salt such as a quality Himalayan, Celtic or Maldon salt, plus 8 – 10 drops of lemon or lime juice. That's it! Nothing radical, but it will make all the difference as to how your body responds.



## TURMERIC VEGGIE KORMA



Quick and easy to cook and it freezes well.

### Ingredients

- 1 heaped teaspoon flaked almonds
- Olive Oil
- 2 large sweet potatoes
- 2 cloves garlic
- 1 red onion-peeled and finely sliced
- 1 tsp curry powder
- 3cm piece of fresh ginger
- 400g tin chickpeas - drained
- ½ bunch fresh coriander including stalks
- 1 lemon
- ½-1 fresh chilli optional
- 2 tsp TurmeriX
- 1 heaped tablespoon korma curry paste (bought or make your own)
- 2 cups mixed veggies e.g. carrot, beans, peas, cauliflower cut into chunks
- 4 tablespoons low fat natural yogurt (optional)



SERVES  
4



TIME  
1 HOUR



METHOD  
SAUCEPAN



DIFFICULTY  
EASY

## Directions

- Toast almonds in a dry frying pan over a low heat until golden, then set aside.
- Scrub sweet potatoes and cut into 4 cm chunks.
- Add 1 tbsp olive oil to a large saucepan over a medium heat, add the sweet potato.
- Fry for 5 minutes or until golden.
- Add curry powder to pan and stir for one minute, then add all the chopped veg, curry paste and the chopped coriander stalks.
- Fry for another 10 minutes or until onions are softened.
- Add chickpeas and 600ml of boiling water and bring the mixture to boil.
- Reduce to a simmer and cook until thickened (about 30 minutes).
- Stir through the TurmeriX just before the end of cooking. If you want, you could add some shredded roast chicken at this point as well and allow to heat through.
- To serve curry: add lemon juice to curry, sprinkle with almonds and chopped coriander leaves. Serve with yogurt, boiled Basmati rice and of course Naan Bread.



# Curcumin as a Natural Anti-viral & Immunity Booster

Infectious diseases are ailments caused by pathogenic viruses and microorganisms such as bacteria and fungi. Infections can spread directly from person to person and from animal to human, or indirectly via contaminated water and food. This can result in small local outbreaks and epidemics, or pandemics affecting several countries, of which the flu is one of the best-known examples. In times of globalization and climate change, infectious diseases are spreading more rapidly than ever before, and new ones continue to emerge.

Existing medications used to combat viruses are called antivirals. However, countermeasures are available only for a limited number of pathogens, not including all potentially lethal and pandemic agents, as e.g., Ebola and Corona viruses. Thus, new therapeutic options are urgently needed. Natural compounds are a continuing source of new drugs. One plant that has been extensively studied on that score is turmeric.

Turmeric (*Curcuma longa* L.) belongs to the family of ginger and natively grows in India and Southeast Asia. In the Asian and Chinese society, turmeric plays a role in traditional medicine, where it is used to treat different maladies such as dermatologic ailments, infections, liver complaints, and depression. The use of curcumin is not associated with toxicity; Thus, the medical properties of the natural product have been widely investigated. Today, a literature search at [pubmed.gov](http://pubmed.gov) finds over 11,000 publications. Curcumin has been documented to act, e.g., anti-inflammatory and anti-infective and due to its wide spectrum of biological and pharmacological properties it is often called “cure-cumin.”

For curcumin, an antiviral activity was observed against several different viruses including hepatitis viruses, influenza viruses and emerging arboviruses. Interestingly, it has also been reported that the molecule inhibits human immunodeficiency virus (HIV), herpes simplex virus 2 (HSV-2) and human papillomavirus (HPV), indicating that curcumin reduces the spread of sexually transmitted diseases.





The influenza A virus (IAV) mainly infects birds, but it can cause severe pandemics in domestic poultry and in humans. However, the emergence of drug-resistant viruses continuously increases, thus the use of M2-inhibitors is not recommended anymore, and new antiviral targets with novel inhibition mechanisms are urgently needed.

Several studies tested the effect of curcumin on different IAV types found it to inhibit virus uptake, replication and particle production. Besides acting directly antiviral, recent studies showed that curcumin treatment reduces lung inflammation due to IAV infection and increases the immune response toward IAV. Thus, curcumin treatment could be an alternative strategy to combat IAV infections.

Numerous studies have shown that curcumin is active against different viruses, bacteria and fungi, including even highly pathogenic, emerging and multi-drug-resistant strains. The underlying mechanism seems to be complex and to differ from organism to organism. As curcumin is not toxic even at high oral doses and as it is already approved and widely used in the food industry, its broad-spectrum anti-infective activity makes it a promising drug candidate. This suggests that at least the local treatment with curcumin is effective against bacteria and viruses in humans.

Not only does turmeric help against viruses and other infections but it can also help by boosting your immune system and increasing the immunomodulating capacity of the body. By using TurmeriX, with its 6% curcumin – the best in the world – and its 10 digestive activators, giving you about 100% absorption. (Also, the TurmeriX powder and capsules are listed with the Australian Therapeutic Drugs Authority). You are giving yourself the best possible defense against all that is currently going on around us.

# TURMERIC LEEK & PUMPKIN RISOTTO



Just like Nana used to make - or at least my daughter's interpretation.



**SERVES**  
4-6



**TIME**  
1 HOUR



**METHOD**  
SAUCEPAN



**DIFFICULTY**  
EASY

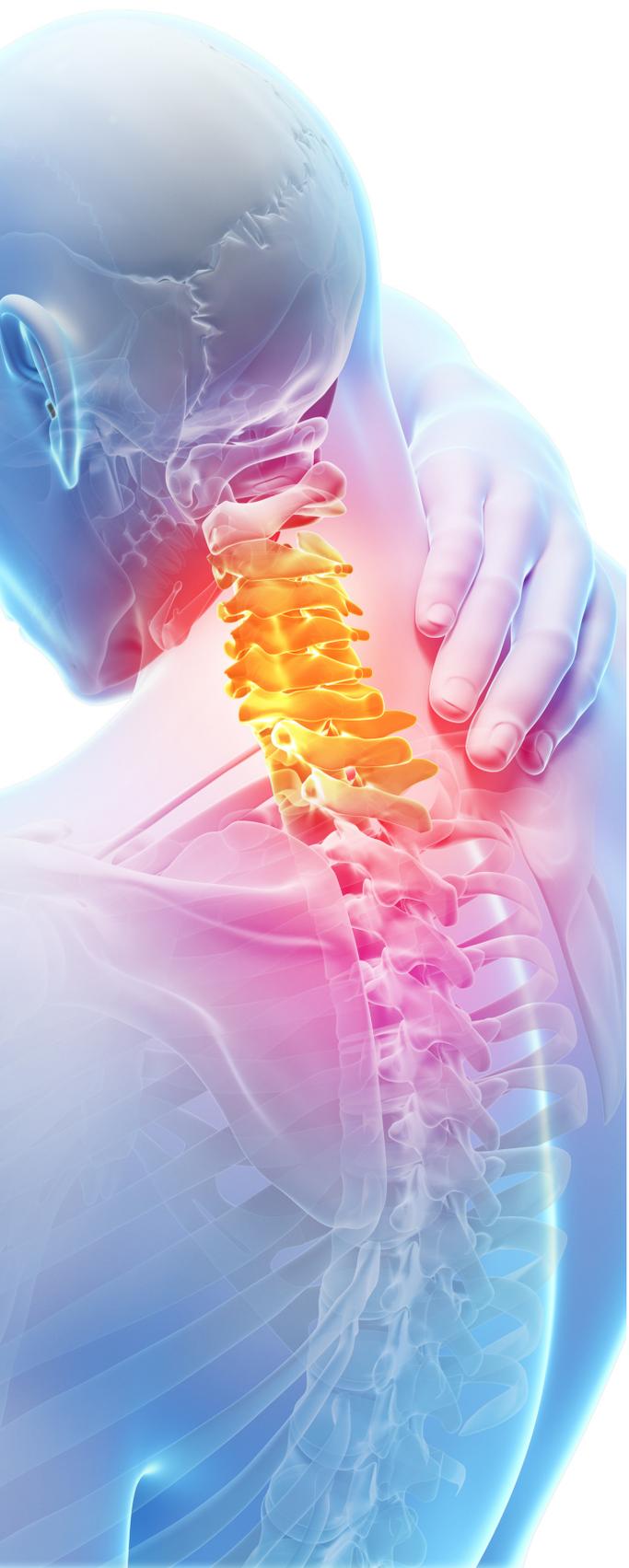
## Ingredients

- 2 cups arborio rice
- 2 leeks
- 1 medium pumpkin
- 1 lit veggie or chicken stock
- Parmesan cheese butter
- 2 - 4 teaspoons TurmeriX (depending on how spicy you like it)

## Directions

- Slice pumpkin into wedges and remove seeds.
- Don't bother to peel it as once it's roasted it's easy to remove from the skin.
- Put into an oven pre heated to 200C and roast until soft – about 30 mins.
- In the meantime, trim the leeks and cut into half-moons about 1 cm wide.
- Melt a good knob of butter in a large heavy bottomed pan and gently cook the leeks. Once the leeks are soft and cooked add a little more butter and the rice.
- Cook the rice until it's transparent – about 5 mins. Then gradually add the stock. I put in about half and then you need to keep an eye on the risotto and add the stock as needed. If you run out of stock, you can use some water. (Don't tell Nona, she would add white wine, you can as well if you want!)
- The rice will take a while to cook, about 30 – 40 minutes, but don't ignore it as that could lead to disaster
- Once the pumpkin is cooked you can easily remove it from the skin. If you can keep it in elegant lumps that's good, if not just mash it up. Either way it tastes great.
- Stir the pumpkin into the rice leek mixture.
- Take it off the heat and add a GOOD amount of Parmesan cheese and your TurmeriX.
- It freezes well so freeze several servings for those days when you are in a rush but want something tasty and nourishing.

# 6 Health Benefits of Taking Turmeric



Today, many people take turmeric or curcumin to promote good health and fight inflammation and inflammatory diseases. More and more research supports the use of these supplements to improve heart health, to fight depression, diabetes, digestive and cardiovascular conditions. This natural alternative therapy does not cause side effects and has even been found to be more powerful than popular prescription medications.

## **Curcumin for Diabetes**

One of the most dramatic studies of this plant involves using curcumin and bioactive antioxidant compounds from curcuminoids called tetrahydro curcuminoids (THC) for diabetes. A 2009 study found curcumin to be 400 times more potent than the diabetes drug metformin. The results were even more surprising with THC. The study found that THCs are 100,000 times more effective than metformin. Another study found that THC improves the specific insulin binding to the receptors significantly, reaching near-normal levels.

## **Curcumin for Inflammation and Pain**

Many people take nonsteroidal anti-inflammatory drugs (NSAIDs) for pain and inflammation due to arthritis, but there are several health risks associated with taking these medications daily long-term. The damaging long-term side effects of NSAIDs include bleeding in the gut, kidney damage, indigestion, and ulcers. Curcumin may be a safer long-term alternative.

A study on curcumin found that this supplement was an effective alternative to several anti-inflammatory drugs. The researchers concluded that curcumin is worth considering for long-term management of osteoarthritis, which is a chronic condition that requires a prolonged treatment. Curcumin may also be a safer alternative to corticosteroids, which are prescribed for joint pain, inflammation, and organ transplants. Corticosteroids also lead to severe side effects. Curcumin compared favourably to the corticosteroid drug dexamethasone.

### **Turmeric for Digestive Health**

If you suffer from peptic ulcers or other digestive problems you may not think of turning to a spice for relief, but turmeric may help. In one study, they found that after 4 weeks, 48% of patients no longer had evidence of ulcers. After 12 weeks of treatment, 76% of the patients were ulcer-free. Twenty other patients involved in the study took turmeric for 4 weeks for gastritis, heartburn, and erosions. They reported satisfactory relief during the first two weeks.

### **Curcumin for Heart Health**

Curcumin can improve heart health, and a double-blind study shows that it provides protection for patients' post-bypass surgery. The study was on non-emergency heart bypass operation patients. They found that when curcumin was given there was a 65% lowered risk of heart attack post-surgery. The patients also had significantly lower levels of oxidative stress markers in their blood and lower levels of inflammation.





## MOROCCAN TURMERIC LAMB TAGINE



SERVES

4



TIME

1.5 HRS



METHOD

POT



DIFFICULTY

EASY

### Ingredients

- 400g diced lamb, leg or shoulder
- 1 brown onion, diced
- 1 carrot, quartered lengthways & chopped
- 2 large chillies, chopped
- 1 large turnip, peeled & roughly diced
- 3 cloves garlic, crushed
- 2 tsp TurmeriX
- 1 tsp chilli powder
- 1 tsp cumin
- ½ tsp smoked paprika
- 1 can diced tomato
- 1 can chickpeas
- 1/2 bunch coriander
- 2 sprigs mint



Try this classic Moroccan dish as a great way with Aussie lamb.

## Directions

- Heat some oil in a heavy based pan on medium heat, add the garlic and chilli and sauté until garlic is aromatic
- Add carrot & onion to the pan and sauté until the onion becomes translucent
- Add lamb to the pan and stir through vegetables. Keep stirring from time to time until lamb starts to brown, season with salt
- Add spices, except the TurmeriX and stir quickly making sure spices don't stick to the bottom of the pan and burn (2 mins)
- Add the canned tomatoes and the liquid from the chickpeas, if needed top up with water or chicken stock until ingredients are nearly covered by liquid
- Tie three coriander roots together with string and gently nestle into the liquid
- Simmer for ten minutes then stir in the chickpeas
- Place diced turnip on the base of a casserole or tagine and pour the contents of the pan over the turnips
- Replace lid on casserole or tagine or cover with foil and place in a preheated 175°C oven for 70 to 80 minutes.
- Stir the TurmeriX through just before serving. Serve with couscous or roasted root vegetables sprinkled with shredded mint & coriander, garnish with yoghurt or labne if wanted.



# The Important Differences between TurmeriX Powder & Capsules

Turmeric is a plant that grows throughout S.E. Asia and is used as a spice in many Indian food dishes, being the main ingredient in curry powder. However, the turmeric root also has potent medicinal properties and when combined with additional natural spices such as black pepper – is often used as a supplement for good health.

The active ingredient in turmeric is called curcumin, making up about 2 to 7 percent of the wholefood turmeric. Due to the poor absorption of curcumin, by the body, to achieve therapeutic benefits you will need to take a powder that is activated with black pepper. This makes the turmeric more bio-available (easily absorbed into the cells of the body).

According to a 1992 report in Clinical Pharmacokinetics when human volunteers were given a combination of curcumin and piperine, (a substance extracted from black pepper), instead of pure curcumin, the bioavailability of curcumin increased by an incredible 2000%! Moreover, the addition of piperine was found to enhance the serum concentrations of curcumin and the extent of its absorption, in the volunteers.

TurmeriX have adapted this concept even further producing a powder supplement that not only combines turmeric containing a 6% curcumin, with black pepper but also including Coconut Powder (good fats for absorption and important in the transport of curcumin, which is fat soluble), True Cinnamon (great on its own for health however helps with absorption), Fennel, Vanilla, Aniseed, Caraway, Ginger, Clove and Cardamon to make it the most bioavailable turmeric powder possible.



Also, TurmeriX is a whole food product, this is important as recent research has shown that turmeric contains over 300 different components which all enhance it's activity, rather than the single curcumin, added to which harsh chemicals are often used to extract the curcumin, which are not what you want in your body!!

Another important difference with TurmeriX is what we use for our capsules. Many capsules on the market are made from Silica, which the body has great difficulty in breaking down, so you will only absorb about 40% of what is inside them. The same is true for tablets, that also must be broken down by the body before absorption can begin. Our capsules are made of a water-soluble veggie gel, which dissolves in water in less than 10 minutes – or any good rain shower, as demonstrated by my display capsules after a recent rain shower at a market!!

At TurmeriX we are very proud of our product and the fact that our powder and capsules are included on the Australian register of Therapeutic Goods. With TurmeriX you know you are getting the “Real Deal” and not an imitation. Your body will thank you.

## TURMERIC BLISS BALLS

These bliss balls have got to be one of my favorite ways to take my turmeric. I just love them!



SERVES

6-8



TIME

30 MINS



METHOD

SAUCEPAN



DIFFICULTY

EASY

## Ingredients

- 1 cup Pepitas
- 1 cup Almonds\*
- 10 Medijool Dates
- 1 cup Currents/sultanas
- 1½ cups Cacao (cocoa powder is fine, but use a good one, preferably unsweetened)
- 2 tbsp Honey
- 3 tbsp Coconut oil
- 1 tsp Vanilla essence
- 1 tsp salt
- 2 tbsp TurmeriX
- Extra fine desiccated coconut and TurmeriX to roll the balls in.

## Directions

- Blitz the pepitas and almonds in a blender until roughly chopped, put into a mixing bowl.
- Add the cacao, TurmeriX and salt, stir thoroughly.
- Put the pitted dates and currents/sultans into blender and give a quick blitz to mix. Add to the mixing bowl. If you are using dried dates, add a few extra and soak in warm water first.
- Melt the coconut oil and honey, then add the vanilla. Add to the rest of the ingredients and stir through thoroughly.
- Using your hands form into small balls. (Note: if you don't want yellow nails like I got, wear disposable gloves!) I made 12 golf ball sized bliss balls.
- Roll in the desiccated coconut and TurmeriX mix, to cover. If the coconut mix won't stick use a little coconut oil on the balls.
- Enjoy. If you have any left, they can be stored in an airtight container in the fridge for a few days.

If you used chocolate flavoured protein powder instead of the cacao, 2 TurmeriX bliss balls would make a great alternative to breakfast, or as an energy snack.

\*You could use other nuts such as cashews, peanuts, walnuts – or even a mix of different nuts.



# 8 Ways Turmeric Can Help Alleviate Drug Side Effects

Every year new drugs are brought onto the market by the big pharmaceutical companies. A lot of time and money is spent by these companies and by the regulator boards, around the world, on clinical trials to ensure that these drugs are as safe as possible.

However, no matter how much time and money are spent there is always some drug toxicity reported. Any drug that is prescribed can be potentially harmful to some patients depending on such things as age, gender, genetic make-up, allergies etc as well as such things as misuse and overuse of drugs.

There are several ways in which drugs may have an adverse effect on the body, these include the drug affecting an area that is “off target”, causing the production of a compound that can cause a reaction or it may cause an allergic response.

Drug toxicity can affect any organ of the body, such as the heart, liver, kidneys, lungs and the skin.

Turmeric is a spice native to India and has been used for hundreds of years not only in cooking but in the Ayruveic medical system as a treatment for a wide variety of ailments. This is due to its proven anti-inflammatory, antioxidant, anti-microbial, anti-fungal and anti-viral properties. The main active ingredient of the turmeric is curcumin and is what gives the turmeric its characteristic golden orange/yellow colour.



## SO HOW DOES TURMERIC HELP WITH DRUG TOXICITY?

### **It provides antioxidant defenses**

When any food or drug is metabolised, it produces what are known as free radicals, these small particles are highly reactive and can cause damage to any tissue that it comes into contact with. It is therefore especially important if you are taking any drugs that you ensure that you are getting plenty of antioxidants and turmeric can help a lot.

### **It helps to protect the liver**

When we take drugs, the liver is the main organ of the body that has to deal with them. Some drugs, such as Methotrexate, have been shown to cause liver damage if used over a long period of time. Turmeric has been shown to help protect the liver from this damage by its anti-inflammatory and antioxidant properties.

### **It helps in Detoxification**

One of the most common side effects of taking drugs is that they can cause toxicity in the body that can go undetected for long periods, leading to further complications. It has been scientifically shown that by taking turmeric on a daily basis can help protect the nerve cells, liver and kidneys by reducing the side effects of the drugs and may even increase their efficacy.

### **It helps to protect your stomach**

One of the side effects observed with Methotrexate and Indomethacin is the severe inflammation and ulceration of the small intestine. It has been shown that turmeric can significantly reduce the effects of these two drugs on the stomach and small intestine.

### **Turmeric has anti-inflammatory properties**

One of the most common side effects of drugs is inflammation of the stomach, intestines and the kidneys. Turmeric has been found to have excellent anti-inflammatory properties to help reduce the inflammation caused by NSAID and other drugs.

### **It protects from chemotoxicity**

Chemotherapy is commonly used in the treatment of cancer; however, it is well known to have many side effects. Countless studies have shown that turmeric can prevent the side effects produced by the chemotherapy due to its potent anti-inflammatory, antioxidant, anti-fibrotic and detoxifying actions. Thus, helping to prevent toxic damage to lungs, kidneys, heart etc



### **It protects kidney health**

There are certain drugs that are known to cause toxicity in the kidneys. It has been shown that the curcumin in turmeric can reduce kidney dysfunction by reducing the inflammation within the kidney which also enhances the kidneys activity.

### **It protects men's reproductive health**

Certain drugs such as Cisplatin, which is used as an anti-tumour drug, is known to cause toxicity within the testes. Turmeric's anti-inflammatory properties have been shown to help combat the toxicity and inflammation. There are many drugs that are widely used/prescribed that have been shown to cause inflammation within the body. Not only that but most drugs work to suppress the side effects of the disease rather than getting down to the root cause of the problem, which in many cases is inflammation caused by the acidity of our bodies. A daily dose of turmeric in the form of TurmeriX can help you to prevent the side effects of many well-known pharmaceuticals and by helping to improve the alkalinity of the body can also help to reduce pain and thus one's dependence on pain killers and other drugs.

# TURMERIC NUT BUTTER CHOCOLATE



SERVES  
2-6



TIME  
30 MINS + 1 HR



METHOD  
SAUCEPAN



DIFFICULTY  
EASY



For those of you with a sweet tooth, this is a great way to take your turmeric.

## Ingredients

- 1 cup extra virgin coconut oil
- ½ cup cocoa powder (best quality)
- ½ cup honey
- 1 teaspoon TurmeriX
- ½ cup almond butter
- Finely chopped almonds or some finely chopped crystalline ginger(optional)

## Directions

- Bring a saucepan of water to a gentle rolling boil and put a bowl over the saucepan.
- Into the bowl, put all your ingredients, stirring as you go. If you don't like almonds, any nut butter is fine.
- Once all your ingredients are melted and through stirred, take off the heat.
- Pour it into a small slice tray, into which you have placed a piece of oiled baking paper.
- Put into the fridge for 1 – 2 hours.
- Cut into pieces. Enjoy!





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# Turmeric: The Magic of Curcumin

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