



The Healing Power of Turmeric

By Warren Jefferson

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 turmeric and its active compound, curcumin and 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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