

Curcumin Is A Powerful Antioxidant

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In Ayurveda, which is an ancient Indian medical practice the name of which means “long life,” turmeric is described as a powerful anti-inflammatory. How does it do it? Over the last 50 years, research has shown that the spice’s anti-inflammatory properties come from curcumin, which is found in the spice. Curcumin has been found to slow or stop enzymes that cause inflammation, like cyclooxygenase-2 and 5-lipoxygenase. It works through several other mechanisms as well. Studies have shown that curcumin can modulate over 700 different genes.

Turmeric has antioxidants that can prevent free radical damage to cells. The antioxidant properties in turmeric come from curcuminoids. The antioxidants it delivers can be stronger than vitamin C, and up to eight times more powerful than vitamin E. It is three times as powerful as pine bark extract or grape seeds, and it is strong enough to fight the hydroxyl radical, which many think of as the most reactive oxidant.

The curcuminoids found in turmeric support the functions of healthy blood and liver, healthy joints, and a person’s well-being overall. **If these functions are supported, radiant and supple skin will come.**