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by [Naturally Health Publication](#).

Curcumin

All round Herb for general well-being. Curcumin, is the main biologically active part of Turmeric. Over 500 references to articles on Turmeric and Curcumin have been published in peer reviewed professional journals.

It has been identified in pharmacology as: Antibacterial • Anti-inflammatory • Antiviral • Diuretic • Anti-oxidant • Anti fungal • Anti yeast • Carminative Antiallergenic • Anti-spasmodic • Anti-tumour

Turmeric and Curcumin have traditionally been used to support those suffering from pain and inflammation: Acne • Digestive Disorders • Allergies • Gallbladder Problems • Ascites • Liver Damage • Auto-immune Disorders • Liver Disorders • Burns • Skin Rashes • Chicken Pox • Tumours • Diabetes • Ulcers and Eye Problems such as Cataracts

If that is not enough, Turmeric has been used for thousands of years by Indian Women to make their skin beautiful and blemish free. No side effects have been found taking high doses of Curcumin; rare cases of stomach upset or diarrhoea may be resolved by temporally, reducing the dosage and taking with food.

There are plenty of New Studies which show benefits with:

Alzheimer's • Anti-Arthritic • Kidney-Disease • Anti-Coagulant • Liver-Disease • Lowering-LDL-and-Raising HDL-Cholesterols • Anti-Carcinogenic and Anti-Cancer • Anti-Viral