

How the 'Ancient Spice' Curcumin Can Keep You Feeling Younger for Longer

Curcumin, an ingredient found in the bright orange spice turmeric, contains antioxidant properties eight times more powerful than Vitamin E and is stronger than Vitamin C, according to numerous studies. This suggests that curcumin could keep you looking and feeling younger for longer, according to Naturally Healthy Publications.

St. Helier, Jersey -- ([SBWIRE](#)) -- 01/09/2014 -- The anti-aging industry is worth millions and relies on providing solutions to people's fears of looking older. Increasingly however, the public is becoming aware of the ingredients contained in anti-aging products, meaning many people are now looking to natural health solutions.

Curcumin could be the answer. In India, women have been using turmeric for thousands of years, to successfully keep their skin looking radiant and blemish free. This is because turmeric contains many antioxidants, known as curcuminoids, which prevent free radical damage to cells. Curcuminoids also work within the body to provide support for healthy joints, liver and blood.

Traditionally used in Ayurvedic medicine for centuries, curcumin has anti-viral, anti-fungal, anti-bacterial and anti-inflammatory properties, while studies indicate that curcumin can have an effect on over 700 different genes. It has also been shown to stop or slow enzymes such as cyclooxygenase-2 and 5-lipoxygenase which cause inflammation in the body – the true cause of aging.

Anti-Aging and Various Other Health Benefits of Curcumin

Naturally Healthy Publications has a book available 'Nature's Miracle Herb™ Curcumin: The Spice with the Golden Gifts' to inform people about this ancient super-herb and its anti-aging benefits. The founder of Naturally Healthy Publications, Robert Redfern has released thousands of newsletters about curcumin and its ability to solve inflammation and toxicity in various health problems. He has also received many testimonials and stories from the public who have tried curcumin to successfully treat their health problems.

Source: [Naturally Healthy Publications](#)

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