

Tame it with turmeric

Native to the Indian sub-continent and south-east Asia, turmeric is a flowering plant of the ginger family. Popping up all over the place in foods, drinks and supplements, it's certainly the spice of the moment – and for very good reason.

Turmeric contains the active ingredient curcumin, a powerful anti-inflammatory antioxidant which acts as a natural pain reliever – making it an effective alternative to synthetic drugs and traditional medication.

But it's not always easy to get enough of this spice in your diet.

“Most of the studies on turmeric have been carried out using very strong extracts and you'd have to eat an awful lot of curries to get that much curcumin,” says nutritionist Rob Hobson.

“The other problem is that curcumin isn't naturally water-soluble, so the body struggles to absorb it. To truly gain the benefits, you need to take a supplement.”



Easy ways to pack more turmeric in your diet

Vibrant Health High-Strength Turmeric Capsules

Per capsule, Maximized Turmeric 46X contains 500mg of CurcuWIN®, which is thought to be 46x more absorbable than a 95% curcuminoid extract.

Available at water-for-health.co.uk



Nature's Remedy Turmeric Shots

Already a favourite of the England Rugby Team and GB Olympic training camps, each 60ml shot contains 5g of fresh, uniquely extracted wet Turmeric root.

Available at theturmeric.co



Organic Turmeric Gold Latte

This latest offering from Pukka Herbs is a hydrating, caffeine-free blend of organic turmeric, cardamom and saffron. Available from health food stores and at pukkaherbs.com



What's so good about turmeric?

Naturopath Maya Daghghi, a CNM (College of Naturopathic Medicine) graduate, explains...

Turmeric has been used for medicinal purposes for centuries in India. Research shows that its active ingredient, curcumin, plays a role in warding off memory loss, depression, chronic disease, and has remarkable anti-cancer properties. Its potent anti-inflammatory properties can help to relieve the pain of arthritis, and to reduce allergies, psoriasis, eczema, gastric ulcers and inflammatory bowel disease. Use turmeric in your food a few times a week but don't forget to add black pepper to your recipe, as the active ingredient in black pepper helps to increase the bioavailability of the curcumin, making it more effective for you. For a general anti-oxidant health boost, take ½ teaspoon of powdered, organic turmeric, with a pinch of ground black pepper, in a glass of hot water, once a day. Add some Manuka honey or cinnamon powder for taste.

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