

The Key Health Benefits of Turmeric



Turmeric is a widely unknown flowering plant of the ginger family. But it's more than just a plant. As with many things in life, in order to see the real benefits, you will have to take a closer look.

In fact, you will have to look beneath the surface. The roots of this exotic, ancient Middle Eastern and Southeast Asian plant offer a massive amount of magical **nutrients that will benefit your health**. The medicinal history of turmeric dates back to nearly 4000 years ago.

In this article, we are going to tell you all about the fascinating health benefits of turmeric, including the benefits of the **Turmeric supplement, [JointFuel360](#), for people suffering of arthritis and joint pain.**



What is Turmeric and what are its health benefits?

If you have consumed yellow mustard or yellow curry before, then you have (probably unknowingly) consumed turmeric before. Ground Turmeric is bright yellow and a very popular natural color additive. If bought fresh, **Turmeric** looks a lot like ginger but with a more intense golden, yellowish color.

This yellow color actually comes from the Turmeric plant's substance called curcuminoids and represents about 2-8% of most Turmeric preparations. However, there is more to Turmeric than just the lovely color that it adds to different foods.

One tablespoon of Turmeric offers just about 30 calories, close to 1g of protein, 2 grams of fiber and 6 grams of carbohydrates. The root also acts as a good source of essential minerals like manganese, phosphorus and potassium.

But what are these magical nutrients that we talked about earlier, and how do they benefit our health?

The main claim to fame of Turmeric is not the color, but the anti-inflammatory and cancer prevention and treatment potency. The key protective compound contained in Turmeric is Curcumin. Curcumin acts as an antioxidant and counters and fights free radicals, which are known as damaging compounds, in the body.

In recent years, Turmeric has been widely used by the cosmetic industry to prevent or help repair visible signs of aging. More recent research has suggested that Curcumin's

anti-inflammatory and antioxidant benefits are a natural remedy and alternative for killing cancer cells and preventing them from spreading within the body.

Curcumin achieves this by inserting itself into the cell membranes, which helps increase the cells resistance to infection, inflammation and damage. Due to these special characteristics of the Curcumin compounds, Turmeric can offer a natural treatment and cure to many other diseases. So, let's look at some practical Turmeric uses which will offer you great health benefits:

If you are suffering from **joint pain or arthritis**, for example, the anti-inflammatory effects of **Turmeric** offer a proven solution and cure to your pain. The all-natural [JointFuel360](#) supplement uses Turmeric as a main ingredient to fight arthritis, joint pain, and inflammation. [JointFuel360](#) takes advantage of one of the key benefits of Turmeric, the inflammation fighting ability.

Turmeric is also a standout natural remedy when it comes to fighting depression and Alzheimer's disease. [Studies](#) have concluded that Turmeric supplements have proven to be just as effective in combating these diseases as chemical medications.

Studies have also concluded that based on recent animal research, curcumin appears to play a massive role in detoxification. Essentially, this means that Curcumin helps deactivate potentially harmful and damaging chemicals within the body.



How is Turmeric consumed for maximum health benefits?

There are many ways to consume Turmeric and its powerful ingredient Curcumin. Many grocery stores offer fresh Turmeric in their produce section and dried, ground Turmeric in the seasoning and spice aisle.

Many foods and products found in supermarkets contain added Turmeric for coloring or flavoring purposes. Be aware that the amount of Turmeric included in these products is minimal and it will not benefit you in any way.

When consuming Turmeric, researchers have found that the body absorbs it very poorly if it is not combined with black pepper. [The piperine, a substance that is found in black pepper corns helps the digestive system absorb the curcumin into the bloodstream.](#)

If you are drinking Turmeric tea for example, we recommend adding black pepper to the tea. Also, when adding Turmeric powder or fresh Turmeric to other foods, always be sure to include some pepper as well for a better absorption in the body.

If you are suffering from joint pain or arthritis, then the earlier mentioned [JointFuel360](#) **offers an ideal combination of black pepper and turmeric within each capsule to ensure maximum absorption and effect.**

Don't consume too much Turmeric root or powder

Similar to most things in life, too much can sometimes defeat the purpose. When consuming Turmeric root, powder or supplements, don't consume excess amounts.

Stay within the recommended daily dosage of your Turmeric supplements and don't go overboard with fresh Turmeric root or powder.

Excess amounts of Turmeric have been linked to several different unwanted side effects like low blood sugar, reflux, increased bleeding risk and reduced iron absorption by the body.

To sum things up, Turmeric and its component Curcumin is truly a Superfood that has incredible health benefits for the human body. Be sure to consume Turmeric correctly and not excessively. And don't forget to add some pepper to maximize the absorption.

The post "[The Key Health Benefits of Turmeric](#)" appeared first on [JointFuel360 Official](#).