

Turmeric (Curcuma longa)

Turmeric or Curcuma has a long history in traditional Indian and Chinese medicine and is now beginning to become known in the West.

Turmeric is ideally suited as inflammatory in arthritis and skin problems (including wounds) in humans and animals.

In addition to the anti-inflammatory effect of the bright yellow-orange pigment in turmeric (curcumanoiden), it contributes to the prevention and relief of an impressive list of diseases, including cancer, arthritis, diabetes, intestinal and liver diseases, heart disease and Alzheimer.



For better absorption of the turmeric, it is recommended to add freshly ground pepper and oil.

The best oils for this are coconut oil, cold pressed olive oil, and flaxseed oil. They all have the right ratio of omega 3 and 6 in it. Other oils are less or not suitable.

Water only, although it turns yellow after the addition of turmeric, does not dissolve the curcumanoiden, so that if oil is not included, it leaves the body again without effect.

There are numerous ways to incorporate turmeric into your daily diet, we give you the recipe for Golden Paste, which you can keep for about 2 weeks in the refrigerator and add to almost any dish (do not boil!) Or add to smoothie and even to pet food.

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Golden Paste recipe:

Ingredients:

- 1/2 cup turmeric powder
- 1 cup water
- 1/3 cup coconut, cold pressed olive or flaxseed oil
- 1 1/2 teaspoon freshly ground black pepper

Method:

Use the same cup for the whole recipe. Heat the turmeric with the water in a saucepan over a low fire and mix until a thick paste. This takes about 7 to 10 minutes, add some extra water if it becomes too dry.



At the end you can add the pepper and add oil, then no more boiling. Mix the mixture well with a whisk. Let it cool and store in a sterilized jar in the refrigerator.

It keeps for about two weeks. You can also freeze some.

Keep in mind that coconut oil easily turns rather rancid, so if you do not have a refrigerator, we recommend that you use cold-pressed olive oil or flaxseed oil.

Dosage:

Use small amounts, 2 or 3 times a day half to 1 teaspoon (it stays about 6-8 hours working in your body), also for smaller pets such as cats, dogs and chickens.

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TIPS:

Make an effort to find good quality turmeric; it should contain 3% curcumanoiden. You may assume that you will not find it so in the ordinary supermarket of this quality. As ready-made capsules have too high a dose though, they are not recommended. Best look in a biological shop or at your local Pakistani shops.

DISCLAIMER:

Turmeric is incompatible with some chemo-therapies, always consult your doctor on this.

Also ensures piperine (the active ingredient in black pepper) for better absorption of the substances in the stomach, so if you use drugs they will work better, so you might want to discuss dosage with your doctor and/or pharmacist.