

Natural Health News

November 2015

EVERGREEN SPA & WELLNESS
ELY, MN

TURMERIC — SPICE OF LIFE

Sonja Jewell
NTS, CMT, CCWFN

Evergreen Cottage
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

STORE HOURS:

Tuesday – Saturday
9 am-5 pm

CLOSED SUNDAYS &
MONDAYS

SPA HOURS:

By Appointment

Turmeric has a peppery, warm and bitter flavor and a mild fragrance reminiscent of orange and ginger, and while it is best known as one of the ingredients used to make curry, it is a powerful medicinal remedy that has long been used in the Chinese and Indian systems of medicine. Turmeric comes from the root of the *Curcuma longa* plant and has a tough brown skin and a deep orange flesh. It was traditionally called “Indian saffron” because of its deep yellow-orange color and has been used throughout history as a condiment, healing remedy and textile dye. The volatile oil fraction of turmeric has demonstrated significant anti-inflammatory activity but even more potent is the yellow or orange pigment of turmeric, which is called *curcumin*. Curcumin is thought to be the primary pharmacological agent in turmeric. In numerous studies, curcumin’s anti-inflammatory effects have been shown to be comparable to potent drugs such as hydrocortisone. Unlike the drugs, which are associated with significant toxic effects (ulcer formation, decreased white blood cell count, intestinal bleeding), curcumin produces no toxicity. Researchers have found a number of different mechanisms of action for curcumin, and part of the answer as to why curcumin appears to be such potent medicine is because it can modulate about 700 of your genes, positively modulate more than 160 different physiological pathways, and positively affect the cell membranes. As a result of these effects, curcumin has the ability to benefit your health in a variety of ways, and prevent a number of different diseases. It can be therapeutic for lung and liver diseases, autoimmune disorders, as well as neurological, cardiovascular, inflammatory and metabolic diseases. Curcumin is also capable of crossing your blood-brain barrier, which is one factor that has led researchers to investigate its potential as a neuro-protective agent for neurological disorders such as Parkinson’s and Alzheimer’s disease. The potent antioxidant and anti-inflammatory properties of curcumin suggest it may also promote brain health in general. Population studies have shown that elderly villagers in India appear to have the lowest rate of Alzheimer’s disease in the world, and researchers have speculated that the anti-inflammatory effects of curcumin may be partly responsible. Another common condition that can benefit from curcumin’s anti-inflammatory activity is osteoarthritis. Research found that patients who added 200 mg of curcumin a day to their treatment plan had reduced pain and increased mobility. It is also able to block inflammatory pathways, effectively preventing the launch of a protein that triggers swelling and pain. Among the most exciting benefits of turmeric is its potent anti-cancer activity. Curcumin actually has the most evidence-based literature supporting its use against cancer of any other nutrient, including vitamin D. Curcumin is unique in that it appears to be universally useful for just about every type of cancer. Once it gets into a cell, it affects more than 100 different molecular pathways. Moreover, curcumin is non-toxic, and does not adversely affect healthy cells. Research has even shown that it works synergistically with certain chemotherapy drugs, enhancing the elimination of cancer cells.

~ over ~



Listen to Sonja’s
“Natural Health
& Wellness Hour”
EVERY
WEDNESDAY
from 6-7pm on
WELY (94.5 FM)
or
listen on-line at
www.wely.com

Prostate cancer—the second leading cause of cancer death in American men is a rare occurrence among men in India, whose low risk is attributed to a diet rich in cruciferous vegetables and turmeric. Researchers believe the combination of cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts, kale, kohlrabi, turnips, etc.) and curcumin could be an effective therapy not only to prevent prostate cancer, but to inhibit the spread of established prostate cancers. Best of all, this combination—cauliflower spiced with turmeric—is absolutely delicious. Cut cauliflower florets in quarters and let sit for 5–10 minutes; this allows time for the production of certain phytonutrients, which form when cruciferous vegetables are cut, but stops when they are heated. Then sprinkle with turmeric and sauté on medium heat in a few tablespoons of vegetable or chicken broth for 5 minutes. Remove from the heat and top with butter or coconut oil, sea salt and pepper to taste. Curcumin can also help you maintain a healthy digestive system, and may be useful against health issues caused by the bacterium *H. pylori*, such as gastritis, peptic ulcer, and gastric cancer. *H. pylori* is thought to affect more than half of the world's population, and has been identified as a group 1 carcinogen by the World Health Organization. Traditionally, *H. pylori* infections are treated with antibiotics, but with rising drug resistance, such treatments are becoming increasingly threatened. Curcumin may be a viable alternative. Curcumin is also able to support healthy cholesterol levels. In addition, turmeric is a good source of vitamin B6, which is needed to keep homocysteine levels from getting too high. Homocysteine, an intermediate product of an important cellular process called methylation, is directly damaging to blood vessel walls. While turmeric is readily available in the spice section of any grocery store, it is important to realize that if you are looking for clinical results, it is not enough to simply use turmeric in your cooking. Neither curcumin nor turmeric taken orally is well absorbed unless taken with black pepper or piperine, a constituent of black pepper responsible for its pungency. When shopping for supplements, make sure that it contains 100% certified ingredients with at least 95% curcuminoids and that it contains black pepper extract (piperine) or ginger for better absorption. If you are cooking with turmeric, be sure to add some black pepper to the food. Be patient when taking turmeric supplements: the full benefits may not be apparent for eight weeks. Don't use turmeric if you have gallstones or bile duct dysfunction. Pregnant women should not use it without their doctors' or health practitioners' approval.

NOVEMBER SPECIALS

Bob's Red Mill—GF biscuit mix, pie mix, brownie mix	25% OFF
Bob's Red Mill—Soup Mixes, assorted, 26 oz.	25% OFF
Dry Soda—assorted sodas, pack of 4—12 oz.	25% OFF
Monte Bene—Marinara Sauce, 24 oz.	30% OFF
Salazon Chocolate—assorted chocolate bars, 2.75 oz.	25% OFF
Triple Leaf Tea—assorted, 20 bag box	25% OFF
Farmer's Market—Pumpkin Pie Mix, 15 oz.	25% OFF
Genuine Bavarian—Org. Sunflower Seed Rye Bread	25% OFF
Sesmark—Chocolate Drizzled Snack Crackers, variety	25% OFF
Lars Own—Wild Swedish Lingonberries, 14 oz.	25% OFF
Lars Own—Swedish-style Yellow Peas, 18 oz.	25% OFF
AND MANY MORE ITEMS!	

Organic Roots  Bistro

FALL HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday

WE WISH YOU A HAPPY THANKSGIVING!
THANK YOU FOR YOUR SUPPORT AND FRIENDSHIP!

KALE, CARROT & TURMERIC BISQUE

Peel and chop **1 sweet potato** and boil in water until tender. Mash the sweet potato thoroughly with a fork, or blend in food processor. In a large pot, sauté **1/3 cup chopped red onion** in **1/2 cup vegetable broth** for 6–8 minutes. In a food processor chop **4 organic carrots** as fine as possible and add to the pot with **1/3 cup of coconut milk**. Add mashed sweet potato to the pot. Chop a **handful organic kale or spinach** and add to the pot along with **1/2 tsp. turmeric**, **1 tsp. miso paste** and a **pinch of ground black pepper**. Simmer on low heat for 20 minutes. Serve and top with **fresh cilantro leaves**. Enjoy!

