

HOME REMEDY KIT: TURMERIC

This common kitchen herb, native to India and South-East Asia, has many uses. It is an antimicrobial, anti-inflammatory, antioxidant, and it inhibits tumour growth. Turmeric has been especially useful in these hot countries where there are challenges to food preservation, since it can kill many microbes, and is especially toxic against Salmonella. Turmeric can easily be incorporated into cooking through addition to soups, stews, and stir-frys.

FOR ECZEMA

- Apply a paste of turmeric and honey for 20 minutes/day. It is highly anti-inflammatory and has even been shown to be more active than hydrocortisone, which can have a thinning effect on the skin. Honey helps to soothe and hydrate the skin.

FOR THROAT INFECTIONS

- Again make a paste with turmeric and honey, have 2 teaspoons daily, letting the mixture coat the throat. Both ingredients are highly antibacterial. Turmeric reduces inflammation.

FOR ANTI-AGING AND ALZHEIMER'S PREVENTION

- Turmeric's powerful antioxidant and anti-inflammatory properties make it a potent anti-aging herb. This herb prevents oxidative damage caused by free radicals to the skin, and cells of the brain and nervous system. New research shows that this spice helps to prevent the development of amyloid plaques in the brain, which contribute to the development of Alzheimer's disease and other neurodegenerative conditions.

FOR CANCER PREVENTION

- All cancer patients should be adding turmeric to their diets. This herb has been shown through numerous mechanisms to have anti-cancer activity, and is especially effective in inhibiting the growth of estrogen positive breast cancer cells when combined with genistein (a component of soybeans).