



What to know about TURMERIC

In ancient culture turmeric is known as a symbol of prosperity and was believed to be a cleanser for all the systems in the body. Turmeric was prescribed as digestive aid, a treatment for fever, infections, arthritis, jaundice.

PROPERTIES: Antiseptic, warming, pungent, bitter, and astringent and antibacterial. Turmeric roots have a bright yellow color and are sometimes used as a dye and a food coloring.

CONDITIONS TREATED: Indigestion, poor circulation, cough, amenorrhea, pharyngitis, skin disorders, diabetes, arthritis, anemia, wounds, bruises, and all immune system deficiencies. Because of its energizing effect on the immune system, turmeric is being studied for use in the treatment of HIV and AIDS. Turmeric reduces fat, purifies blood and aids circulation. It benefits digestion and can help rid body of intestinal parasites.

The forms that are usually used include a massage oil, facial creams, powders and capsules, in compress or as a food or spice.



"The information provided on this site is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner."