

Turmeric

This pungent spice has been used in India for centuries. But until thirty years ago the rest of the world only regarded it as a spice: In the 1970's, lab researchers found it contained anti-inflammatory compounds called 'curcuminoids' - the most important of these being 'curcumin'. Curcumin has rich stores of antioxidants which can help protect the body from attack by damaging free radicals. As a natural anti-inflammatory, turmeric is also useful for joint problems (such as aching, swelling and stiffness).

Benefits:

- Strong antioxidant properties, useful for fighting degenerative diseases.
- As a natural anti-inflammatory it can help soothe a variety of digestive complaints (such as bloating, excess gas and diarrhoea).
- May relieve achy, swollen or stiff joints. Buy Turmeric from one of our approved suppliers online now!