

Curcumin: Much More than Just Safe Pain Relief

By Dr. Veronica Collings

As little as one ibuprofen, every four days, was found to increase kidney disease by 800%, acetaminophen (Tylenol) causes liver damage, opioid pain killers cause addiction and over 40,000 deaths, last year. As a specialist in pain relief, with many of my patients presenting with some form or other of muscular or skeletal pain, I can vouch that curcumin, the extract from the Indian spice turmeric, is the safest effective tool for inflammatory pain that I use.

Curcumin is an extract of the spice turmeric. In India, turmeric has been used and crowned the “Queen of all Spices” for over 2,500 years. Its anti-inflammatory properties relieve pain, but that’s the tip of the iceberg. Turmeric first came to the attention of western medical researchers when it was noticed that India had the lowest rate of Alzheimer’s disease in the world. This notable distinction was tracked to the ample amount of turmeric consumed by the Indian population. With Alzheimer’s now a worldwide epidemic, the research into turmeric went into high gear. A plethora of other benefits were discovered:

1. Protects your brain. Cognitive disorders such as dementia and Alzheimer’s are often linked to decreased levels of Brain-Derived Neurotrophic Factor (BDNF), which is a type of growth hormone. Researchers have found that curcumin positively influences



the levels of BDNF and may delay or even reverse many brain diseases or age-related decline of our brain functions.¹

2. Reduces the risk of several types of cancer. Turmeric may be one of the most potent natural anti-cancer substances. Not only can it prevent cancer growth, but inhibits the development and spread of cancer.

3. Improves digestion. It stimulates the gallbladder, reduces bloating and gas, and prevents inflammation of the digestive tract.

4. Protects your heart. It has been shown to reduce LDL cholesterol, prevent blood clotting, and remove plaque build-ups in the arteries.

5. Anti-bacterial and anti-viral.

6. Detoxifying properties.

7. Delays aging and improves longevity.

Free radicals and inflammation are believed to play a major role in aging, Curcumin affects both. I take curcumin capsules for convenience; however, there is a case for taking the turmeric spice in its whole state. This ensures that all its synergistic components are included. To get all the benefits, add 1 teaspoon of turmeric to smoothies, juices, soups, curries, stir fries, and dressings daily. It is better absorbed in the presence of oil, so try to get that in the mix, too, with coconut oil in your smoothies or stir fries. I take mine with my cod liver oil capsules, which is my daily source of whole food vitamin D and essential fats. Turmeric is also a potent dye. Protect your clothes and surfaces when using it. This is another reason that I use the capsules. I carry some with me at all times. With dancing, I never know when I’m going to pull a muscle or strain something.

About the Author: Dr. Collings is an alternative health practitioner with offices in Plymouth Meeting. For more information, visit her website: www.drveronicacollings.com

¹ Blogs: NaturalNews.com, "This Is What Happens To Your Body If You Eat 1 Teaspoon of Turmeric Every day"