

# THE MAGIC SPICE: THAT KILLS CANCER, CURES ULCERS, FIGHTS JOINT INFLAMMATION, TENDONITIS, AND ECZEMA

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Turmeric root is used to make the curry spice which is very popular in the East and West Indies. It belongs to the same family as ginger, and as you can see it even looks like ginger on the outside. My mother is from Barbados, so I grew up accustomed to spicy curry dishes at a young age. I loved it, because it tasted good. Now I love it even more, because I know how beneficial it is to your health and preventing disease.

Scientists have been studying a particular component of turmeric root known as curcumin. In recent years, curcumin has been shown to have very powerful anti-inflammatory effects. More recently, research has also revealed that curcumin is effective at fighting cancer. We are also finding out that inflammation is the root of all disease. Just as curcumin can be the venom that causes disease, curcumin is the anti-venom of all disease. Through research and clinical studies we have found just how powerful curcumin is, as you will also find out as you continue to read.

## CURCUMIN VS CANCER

The following is a list of the cancer fighting and cancer prevention properties of curcumin.

- Prevents tumor cells from multiplying
- Prevents normal cells from turning into tumor cells
- Inhibits the formation of a protein that promotes tumor formation
- It helps your body to locate and destroy cancer cells throughout your body
- Helps prevent the development of blood supply to cancer cells, so that they die and cannot grow (angiogenesis).<sup>3</sup>

side note: Vitamin D is also very important during treatment of and for prevention of cancer.

## CURCUMIN VERSUS INFLAMMATION OF THE DIGESTIVE SYSTEM AND ULCERS

- A study in Thailand showed that 3 grams of curcumin/day in divided doses significantly reduced both duodenal and gastric ulcers in 12 weeks. **76% of the patients had complete healing of their ulcer.** This is monumental, because it is difficult to heal ulcers with medication.<sup>1</sup>

- A study in patients with inflammatory bowel diseases (Crohn's & Proctosigmoiditis) showed improvements in inflammatory markers and disease measurements *as well as a reduction or elimination of previous medications*. The dose in this study was either 550 mg curcumin twice daily or 360 mg three times per day (1st month) followed by 360 mg four times per day. This is important, because the traditional treatment for Chron's disease and other inflammatory bowel diseases is oral corticosteroids, which causes death of bone cells and destroys soft tissues, such as tendons.<sup>2</sup>
- Curcumin is considered to be extremely safe and no toxicity is noted even at very high doses.<sup>3</sup>
- Animal and cell culture studies have shown positive benefits for curcumin in diverse conditions such as ulcer prevention and healing, treating and preventing hepatotoxicity, direct anti-inflammatory studies (induced edema studies), reduction in advanced glycation end products (AGEs), antibacterial, anti-viral and anti-tumor to name a few.<sup>4,5</sup>

#### OTHER BENEFITS OF CURCUMIN:

Curcumin can also; reduce cholesterol levels, Prevent LDL oxidation, Inhibit platelet aggregation, Suppress thrombosis and myocardial infarction, Suppress symptoms associated with type 2 diabetes, Suppress symptoms associated with type 2 diabetes, Suppress symptoms of multiple sclerosis, Suppress symptoms of Alzheimer's disease, Enhance wound healing, Protect against liver damage, Increase bile secretion, Protect against cataracts, Protect against pulmonary toxicity and fibrosis

If you noticed, the studies cited in this article are based on the amount of curcumin given to the subject, not the amount of turmeric root. Your turmeric product should be standardized to be %95 curcumin. We carry three products that contain high amounts of turmeric root in our nutrition store. We chose these products, because they are standardized to be %95 curcumin.



#### INFLAMMACORE

Contains large amount of curcumin and formulated to manage irritable bowel syndrome and inflammatory bowel diseases such as:chron's disease, ulcerative colitis, and ulcers. It is also very effective for the management of joint diseases like rheumatoid arthritis and lupus. [Click here for more info.](#)



### [INFLAMMA-BLOX](#)

Formulated to manage chronic inflammatory conditions like arthritis. [Click here for more info.](#)



### [TRAUMERIC](#)

Designed to help with the healing of musculoskeletal injuries such as, sprains, strains, and tendonitis. [Click here for more info.](#)

### References:

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