

7 Ways Curcumin Can Change Your Life...

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Curcumin is the active compound in the Indian spice known as turmeric and while you may have heard all about the amazing properties, you may not be sure about what it can do for you, health wise. Below are a list of health benefits that you can receive when you take curcumin regularly...



Helps with clearing inflammation.

Any form of congestion in the body can be eased by taking curcumin and it has been known to soothe headaches and coughs amongst other ailments. This is why it has been the mainstay of many ayurvedic remedies especially for treating respiratory conditions, since the ancient times.

Can help to boost happiness.

Recent studies have confirmed that curcumin can boost happiness levels and reduce the risk of depression in individuals. The Phytotherapy Research journal published a study of 66 subjects who suffered from mood and depressive disorder. Those that took curcumin experienced the same level of improvements in their depressive symptoms as those in the groups that were given anti-depressant drugs. This suggested that curcumin can have mood-boosting effects and experts believe that it can potentially increase dopamine production within the brain, along with serotonin levels.

Can help to kill cancerous cells.

It has been proven in **numerous studies** that curcumin is effective at killing cancerous cells and there is also strong evidence to suggest that curcumin could even prevent it from happening in the first place.

Helps with Heart Health.

Curcumin can reduce inflammation and oxidation in the blood. It can also help with

strengthening the endothelium (the lining of the blood vessels), while regulating blood pressure and any blood clotting.

Could Slow Alzheimer's Disease progression.

Researchers have studied the incidence of Alzheimer's Disease in India and the consumption of turmeric and are increasingly more certain that curcumin is the protective agent. The Alzheimer's Disease can improve focus, cognitive ability and memory by increasing the neuron growth along with fighting various degenerative diseases within the brain.

Boosts happiness.

A home grown study is indicating that curcumin can help to keep depression away. Scientists from the Department of Pharmacology of Government Medical College in Bhavnagar, Gujarat, compared the effects of curcumin and the anti-depressant known as Prozac. It was found that Curcumin can help to lift numerous neurochemicals including norepinephrine, dopamine and serotonin that can increase happiness levels.

Reference Web:

<http://www.naturallyhealthynews.com/curcumin/7-ways-curcumin-can-change-your-life/>