

# Turmeric Study Shows Growing Evidence

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Evidence of Turmeric and Health

**Studies continue to confirm that the humble herb turmeric is outperforming more expensive medication and drugs as far as certain ailments are concerned**

([Newswire.net](#) -- November 17, 2014) -- Turmeric curcumin extract is gaining a growing following as the health supplement of choice, a result of the number of health benefits turmeric has. Due to the high amounts of turmeric one might have to add to food, it is recommended that supplementation may be the best way to

take advantage of the health benefits that turmeric offers.

There have been a number of studies on the effectiveness of turmeric in treating certain ailments. Not all are conclusive, so while turmeric does seem to have numerous health benefits, those that intend taking it should not see it as the complete cure or treatment. It is often best to discuss health issues with trained medical professionals and possibly take in conjunction with any prescribed medication. Like so many vitamin and herbal supplements there is always the possibility of the supplement interfering with or reducing the effectiveness of prescribed medication. It is often best to exercise caution when taking any type of medication, whether it's a health supplement or main stream prescribed medicines. Avoid high or mega doses of any supplement where possible.

The strongest case for taking a turmeric supplement is to treat osteoarthritis, particularly of the knee. This was shown in a study by a United States government agency, the National Institute of Health. The study showed that turmeric worked as well as the pain killer ibuprofen for reducing pain in certain cases. It also seemed to be effective in treating an upset stomach.

Studies from other institutes seems to indicate that **turmeric** has a positive effect in treating a range of ailments including, inflammation, blood vessel health, blood circulation, arthritis, liver function, and possibly plays a role in preventing Alzheimer's disease.

How effective turmeric actually is would depend on the individual and the ailment concerned. With supplements and even main stream medications, the results often differ from person to person. It has been and always will be important to exercise caution in whatever it is you consume.

Should you be considering taking a supplement, Green Earth Science is offering a 5% discount on their **turmeric supplement** available on Amazon in the United Kingdom. Use coupon code **Q8ANWVJM** to qualify for the discount

*United States*

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