Turmeric May Potentially Be Beneficial for Gastritis and Peptic Ulcer Sufferers

Cathy Briggs  September 26, 2016

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(Newswire.net -- September 26, 2016) Las Vegas, NV -- More and more people are turning to the use of the medicinal spice called turmeric. This natural remedy is also believed to be an effective preventive measure against ailments and may also be helpful among individuals who are already suffering from certain conditions.

Turmeric may potentially be beneficial for gastritis and peptic ulcer sufferers. Acute or chronic gastritis takes place when there is irritation, inflammation, or erosion in the stomach lining.

There are factors that contribute to the development of the condition such as excessive consumption of alcohol, stress, frequent vomiting, as well as long-term use of anti-inflammatory drugs.

It can also be caused by Helicobacter pylori bacterial infection in the bile reflux, stomach, and viral infection. Some of the symptoms of gastritis are indigestion, nausea, chronic diarrhea, and vomiting blood.

Peptic ulcer disease is characterized by painful ulcers in the stomach lining or the duodenum, which is the first part of the small intestine. There are factors that contribute to the development of the condition.

Some of these contributing factors are the use of nonsteroidal anti-inflammatory drugs. Some of its symptoms are heartburn, bloating, nausea, and dark stool.

Turmeric has been used in traditional Chinese and Ayurvedic medicine. This medicinal spice contains a phytochemical called curcumin, which is popularized by its healing ingredients. Some of these therapeutic ingredients are its anti-inflammatory, anticarcinogenic, antiviral, antiseptic, antibacterial, and antioxidant properties.

Turmeric is thought to reduce the inflammatory enzyme levels in the body as well as enhance digestion by aiding in the bile production of the gall bladder. Its antioxidant, on the other hand, is believed to offer protection from cell damage due to free radicals.

In traditional Chinese and Ayurvedic medicine, turmeric has been believed to be effective in reducing stomach acids and preventing inflammation in the intestinal walls, and thus, helpful against gastritis.

This powerful healing spice is thought to improve the condition of gastritis and peptic ulcer sufferers within a couple of weeks. It has the potential to reduce pain and abdominal discomfort without causing side effects.

The curcumin in turmeric has the potential to inhibit the growth of the helicobacter pylori bacteria. Thus, it could be an effective remedy for H.pylori infection and diseases such as gastritis and peptic ulcers.

Individuals who want to take advantage of the therapeutic effects of curcumin may incorporate turmeric in their diet. They may add turmeric powder in preparing dishes and beverages.

There are also curcumin supplements available nowadays. These supplements contain abundant amounts of curcumin. There are even curcumin supplements that also contain another therapeutic, natural ingredient called BioPerine, which is a black pepper extract (http://www.amazon.com/Turmeric-Curcumin-Suppllement-BioPerine-Capsule/dp/B0166KAW8M).

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