Kidney Failure Benefits from Turmeric Against Aluminum Toxicity

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Curcumin is popularized by the unique ingredients it contains to offer antibacterial, anti-inflammatory, antioxidant and anti-carcinogenic properties. (Newswire.net -- November 11, 2016) Orlando, FL -- Turmeric is believed to be one of the oldest and most potentially therapeutic spices nowadays. It is believed to not just provide possible benefits for various diseases but it may also offer protection against a range of ailments and toxins.

Kidney failure sufferers may see potential benefits from turmeric against aluminum toxicity. The kidneys play a role in getting rid of the metal in the body by eliminating up to 95% of the aluminum. However, for individuals with abnormal kidney function, it may be extremely difficult to eliminate aluminum.

It is important to note that aluminum does not easily accumulate inside the human body. As a matter of fact, only 0.3% of aluminum, which is orally administered, is absorbed by the gastrointestinal tract. However, the small amount may also be eliminated by the kidneys.

Exposure of the metal may be due to work environment, using aluminum cookware, consuming antacids, and using antiperspirants. Aluminum is typically stored in the bones, brain, liver, and lungs. The accumulation in the brain and lungs may increase with age.

Individuals with kidney failure are more susceptible to aluminum toxicity, which has been associated with the development of a variety of conditions. Some of these conditions may include hemolysis, anemia, Alzheimer’s, dental caries (tooth decay), Parkinson’s, osteomalacia, and dementia.

Turmeric has been a popular natural alternative in traditional Chinese and Ayurveda medicine. This spice contains curcumin, which is believed to be a power phytochemical that may offer many benefits.

Curcumin is widely popularized by the unique ingredients it contains that are believed to offer antibacterial, anti-inflammatoty, antioxidant, antiseptic, anti-carcinogenic, and antiviral properties.

Oxidative stress, which is characterized by an imbalance between antioxidant defenses of the body and pro-oxidant agents, may result from aluminum toxicity. Reactive oxygen species (ROS) are molecules containing oxygen that are involved in metabolic processes.

Excessive production of the ROS may lead to oxidative damage and even cell death. The potential antioxidant properties of turmeric may help alleviate oxidative stress by inhibiting lipid peroxidation, scavenging ROS, and increasing antioxidant enzyme production.

The curcumin turmeric contains is also thought to offer renoprotective effects, which may function to protect the kidneys from harmful substances, such as drugs. Individuals with chronic renal failure or diabetic nephropathy may benefit from this renoprotective effect.

Turmeric powder can be added to a variety of dishes and beverages. There are also curcumin supplements widely available in the market today. Curcumin supplements with potential bioavailability-enhancing ingredients such as piperine are widely preferred by consumers.

Piperine is a black pepper extract that may help to increase curcumin absorption inside the human body. (http://www.amazon.com/tumeric-with-black-pepper/dp/B00JA4TLTI)

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