Study Finds Turmeric May Potentially Help Reverse Age-Related Cerebrovascular Dysfunction

Cathy Briggs December 14, 2016

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(Newswire.net -- December 14, 2016) Las Vegas, NV -- In Ayurveda and traditional Chinese medicine, turmeric has been utilized for thousands of years to help fight a myriad of medical conditions. It is believed to offer a range of health benefits, including those that may benefit the brain.

A study finds that turmeric may potentially help reverse age-related cerebrovascular dysfunction. This recent study with a title “Dietary Curcumin Ameliorates Aging-Related Cerebrovascular Dysfunction Through the AMPK/Uncoupling Protein 2 Pathway” was published in The Cellular Physiology and Biochemistry.

Cognitive decline, cerebral amyloid angiopathy, stroke, and other neurodegenerative diseases are considered to be cerebrovascular dysfunctions that are age-related.

The researchers of the study dosed 24-month old male rodents with curcumin. They found that there was a remarkable repair in the impaired cerebrovascular endothelium-dependent vasorelaxation in the aging rats after a month of curcumin doses. They suggest that curcumin may play a major role in reversing age-related cerebrovascular dysfunction.

The National Library of Medicine has 1597 abstracts, which are featured in GreenMedInfo.com, revealing the potential health value of both curcumin and turmeric. This ancient spice is believed to offer over 600 health benefits, which may include its neuroprotective activity.

The article called “Turmeric Produces Remarkable Recovery in Alzheimer’s Patients” reveals that turmeric may be a natural alternative in improving dementia’s behavioral and psychological symptoms. There have also been reports that turmeric may have positive impacts on Alzheimer’s disease and other cerebrovascular dysfunction diseases.

Curcumin is widely thought to be responsible for many of turmeric’s potentially therapeutic effects. This phytochemical contains a variety of natural substances that are believed to offer antioxidant, antibacterial, anti-inflammatory, antiseptic, antiviral, and antibiotic properties.

There are those who utilize turmeric powder to take advantage of the potential health benefits of curcumin. Turmeric powder can be added to many dishes and beverages. It has a deep yellow-orange color with a potent taste.

Many individuals who suffer from certain medical conditions often utilize turmeric, such as arthritis sufferers who may utilize turmeric instead of pain medications, which may be associated with side effects.

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There are also curcumin supplements available, and they come in varying ingredients and quality. One of the more widely preferred curcumin supplements contains piperine, which is a black pepper extract. This potential bioavailability-enhancing ingredient may function by increasing curcumin absorption inside the body.

(http://www.amazon.com/tumeric-curcumin-with-piperine/dp/B0166KAW8M)

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