Turmeric is believed to be effective in helping to reduce inflammation linked with musculoskeletal conditions, like spinal stenosis.

(Newswire.net -- March 3, 2017) Orlando, FL -- There is a variety of herbs and spices believed to be highly therapeutic, and one is turmeric. This ancient spice has long been believed to offer a myriad of health benefits and may even have the potential to help fight a range of conditions.

Turmeric is believed to be a beneficial herb for spinal stenosis. This condition is characterized by the narrowing of the bone channels where the spinal cord or spinal nerves are located. There are two types of spinal stenosis, cervical and lumbar.

There are those born with a congenital form, but others develop the condition as a part of degenerative cascade. There are sufferers who do not feel the effects of the narrowing involved in the development of spinal stenosis.

However, there are also individuals who suffer from weakness, radiating pain, and other symptoms. Narrowing can happen in different areas of the spine, but the nerve compression symptoms are almost always the same.

Many experts believe spinal stenosis is associated with the degeneration in the spine. It may also be linked with the aging process and is believed to impact people belonging to a certain age group. The development of this condition is gradual and it rarely causes instant symptoms.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases states that spinal stenosis causes compression in the spinal nerve roots or spinal cord, and thus, leads to significant back pain. There are several herbs and spices thought to be helpful against the condition, such as the Devil’s claw, white willow, and turmeric.

Turmeric is an ancient spice that has long been used in traditional Chinese and Ayurveda medicine. Due to its unique properties, it is not only used for cooking purposes but some also utilize it to potentially help fight a range of conditions.

Turmeric is otherwise known as curcuma longa, and is popularized by the phytochemical it contains. This bioactive ingredient is called curcumin, which contains high levels of the potentially therapeutic substances. Some of these substances are believed to offer antibacterial, antiseptic, antibiotic, antiviral, antioxidant, anti-carcinogenic, and antitumor properties.

According to the National Center for Complementary and Alternative Medicine, turmeric is a perennial shrub that is native to certain areas of Africa and Asia, particularly in India. It belongs to the ginger family and comes with a deep yellow-orange color.

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Dr. Michael T. Murray, a naturopathic physician and author of the book "The Healing Power of Herbs," reveals that turmeric may be a strong anti-inflammatory when taken orally, such as through curcumin supplementation.

(http://amazon.com/tumeric-curcumin-with-piperine/dp/B00JA4TLTI)

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