Curcumin May Be Nature's Gift Against Congestive Heart Failure

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Curcumin may be nature’s gift against congestive heart failure. Curcumin is a natural ingredient and the phytochemical found in turmeric, which is an ancient spice.

(Newswire.net -- May 30, 2017) Orlando, FL -- The heart is one of the most important organs in the body. However, it is also vulnerable to a wide range of conditions. The good news is that there are certain natural alternatives thought to be beneficial for heart health.

Curcumin may be nature’s gift against congestive heart failure. Curcumin is a natural ingredient and the phytochemical found in turmeric, which is an ancient spice.

Curcumin is widely thought to be the major source of many of turmeric’s potentially therapeutic effects. It is believed to contain anti-inflammatory, antioxidant, antibacterial, antiseptic, antibiotic, anti-carcinogenic, and antiviral properties.

Research reveals that curcumin may help to potentially reduce the risk of tissue destruction in the heart. It may also have the potential to increase the efficiency of common blood pressure medicines, especially those formulated to treat congestive heart failure.

Congestive heart failure is a condition that develops when the heart can’t keep up with the circulation demands of the body. Tissue damage is induced by myocardial infarction through a heart attack, and this causes congestive heart failure.

Individuals who constantly engage in heavy exercise or move to high altitudes are more susceptible to the condition. This disease may also develop due to circumstances and conditions that necessitate high demand on the heart.

One of the symptoms of the condition is swelling, which usually happens in the areas around the ankles and feet. Sufferers may also experience slight puffiness in the feet and dyspnea or shortness of breath.

According to the New York Health Association, shortness of breath can be used in determining the stages of congestive heart failure. It was found that those who suffer from shortness of breath after working out in moderation may potentially be suffering from stage 1 congestive heart failure. Stage two is when sufferers run out of breath when simply lying down.

The factors believed to contribute to the development of the condition are unhealthy diet and lifestyle, obesity, and pregnancy.

Curcumin is believed to have the ability to block certain enzymes, and thus may help to fight congestive heart failure. According to experts, this enzyme encourages a process that causes heart muscle damage. Tissue damage causes the heart to work even harder, and this leads to the occurrence of a process called hypertrophy. This powerful phytochemical is thought to prevent hypertrophy.

Curcumin can be obtained by incorporating turmeric powder in food and beverages. It can even be used to make turmeric tea. There are also curcumin supplements available, which are thought to contain high levels of potentially beneficial properties.

Supplements are believed to contain higher amounts of curcumin. One of the most popular curcumin supplements contains black pepper extract, which may be a bioavailability-enhancing ingredient.

(amazon.com/turmeric-curcumin-750/dp/B00VSVKJ8I)
About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

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