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(NeWSwire.net -- May 31, 2017) Orlando, FL -- Menstruation is a normal occurrence in a woman's life. While it is a part of the way that the female reproductive system works, it causes trouble in many women. It results in the development of symptoms, such as pain and discomfort.

Turmeric could be one of the most helpful remedies for premenstrual syndrome. Premenstrual syndrome is characterized by the appearance of a number of symptoms that take place before the start of a woman's monthly menstrual cycle.

Women who suffer from premenstrual syndrome typically experience symptoms, such as gastric symptoms, depression, and pain.

According to a clinical trial, the use of curcumin supplements prior to a menstrual cycle of a woman for three months resulted in a significant reduction in premenstrual syndrome score.

Researchers suggest that the anti-inflammatory properties of curcumin were responsible for the therapeutic effects.

Curcumin is a phytochemical found in turmeric. It is believed be one of the major sources of the healing effects of the spice. Some of its healing agents, in addition to its anti-inflammatories, are its antioxidant, antibacterial, antiseptic, antiviral, and anti-carcinogenic properties.

The study investigators also revealed that curcumin has the potential to regulate brain chemicals due to its anti-inflammatory effects. Turmeric has long been traditionally used in regularizing menses.

A condition called vaginitis is an infective and inflammatory condition that jeopardizes vaginal health. It has been found that curcumin has the ability to inhibit the growth of yeast and bacterial infection, which causes vaginitis.

It has also been thought that this phytochemical is a potent anti-Candida agent. It even has the potential to regulate hormones as well as enzymes. This is believed to inhibit the growth of endometriosis, which is a condition affecting the uterus.

There are many health benefits turmeric is believed to offer in female reproductive health. Women who suffer from premenstrual syndrome, such as pain, may use curcumin supplements.

It is worth mentioning that curcumin supplements have been believed to be a safer alternative to certain pain medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), which are used to ease pain and reduce inflammation.

These medications can potentially cause side effects. Thus, it could be wise for women with premenstrual syndrome to use curcumin instead.

This natural remedy could ease pain and fight inflammation without causing side effects. Curcumin supplements with black pepper extract are highly recommended due to the fact that black pepper is a bioavailability-enhancing ingredient.

Black pepper can increase curcumin absorption inside the body.

(http://www.amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI/)

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