Curcumin has been thought to be a safer alternative to these medications, and this is due to the fact that it could potentially offer the same pain relieving benefits without any side effects.

(Newswire.net -- October 9, 2017) Orlando, FL -- Today, more and more people are considering the use of natural alternatives instead of pharmaceutical drugs. Even researchers are investigating whether or not natural remedies like turmeric could be a better option than medications.

Study finds curcumin as effective as certain pain relief drugs. Curcumin is a bioactive agent that can be found in the ancient, medicinal spice called turmeric.

For many centuries, this deep-yellow orange spice has been used for a variety of medicinal purposes. It has long been a popular ingredient for curry dishes and some beverages. The curcumin that can be found in turmeric has been thought to be responsible for many of the healing potentials of the spice.

Curcumin is equipped with various healing agents, such as its antibacterial, antioxidant, anticarcinogenic, antiseptic, antiviral, anticoagulant, antiviral, anti-inflammatory, and anticoagulant properties.

The Journal of Alternative and Complementary Medicine published a study in 2009. The researchers tried to compare the performance of curcumin with a certain medication for pain relief. The study involved 107 participants with knee osteoarthritis.

At the end of the study, it was found that curcumin has been able to ease pain and improve the function of the participants as effectively as the pharmaceutical drug involved in the study.

In another study conducted by the researchers at Baylor University Medical Center in 2008, it was found that daily intake of moderate doses of curcumin for three months was safe.

Arthritis, which causes joint pain, is one of the most prevalent conditions in the United States. The high rate of arthritis has actually resulted in the increased demand for medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs).

These medications are formulated to help sufferers of pain, inflammation, and mobility increase their quality of life. However, it is worth remembering that these medications do not have the ability to address the root cause of the arthritis problem.

It could also cause side effects, especially when taken frequently or on a long-term basis. Arthritis sufferers need to understand the repercussions in using these medications before relying on them.

Curcumin has been thought to be a safer alternative to these medications, and this is due to the fact that it could potentially offer the same pain relieving benefits without any side effects.

What makes curcumin an even better option is that its use has also been linked with a myriad of health benefits. It has the potential to improve immune system health and fight inflammation, which has long been believed to trigger the development of a variety of diseases and disorders.

(https://www.amazon.com/Turmeric-Curcumin-Complex-Pepper-Extract/dp/B00JA4TLTI/)

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