**Experts Reveal the Therapeutic Effects of Turmeric and Black Pepper**

Michelle O'Sullivan  October 16, 2017

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*(Newswire.net -- October 16, 2017) Orlando, FL -- The use of natural remedies has been increasingly popular over the years. This is due to the increasing number of individuals who experience side effects in the use of certain pharmaceutical drugs. There are also medications that do not work at all in fighting some diseases and disorders.*

Experts reveal why turmeric and black pepper are more therapeutic than certain drugs. Turmeric has a long history of medicinal use. Through the ages, humans in some parts of the world have been relying on this medicinal spice for a range of therapeutic purposes.

Some researchers believe the healing powers of turmeric come from its bioactive agent called curcumin. This phytochemical is believed to be popularized by its healing agents, which include anti-inflammatory, antioxidant, anticoagulant, antiplatelet, and chemopreventive agents.

There are many other therapeutic agents found in curcumin such as its analgesic, chemotherapeutic, antifungal, antimicrobial, antiseptic, anticarcinogenic, antiviral, antibacterial, anti-tumor, and antihyperalgesic properties.

Black pepper, on the other hand, has also been used for various medicinal purposes. The key chemical of black pepper is piperine, which is similar to capsaicin that is found in chili. Many researchers have been studying the combination of these ingredients.

While curcumin is therapeutic, it is worth remembering that it has low bioavailability. When ingested, curcumin gets metabolized before it is absorbed by the body. Piperine has been found to increase the bioavailability of curcumin. This is believed to be due to its ability to inhibit certain intestinal digestive enzymes.

In one study, it was found that administration of curcumin has been linked with low serum levels. However, when it is combined with 20 mg of piperine, the bioavailability of curcumin increased by 2000 percent.

It has also been found that there was a dramatic improvement in the serum levels, bioavailability, and levels of absorption of curcumin. Thus, it would be wise to choose curcumin supplements that are equipped with black pepper extract.

It is also worth mentioning that black pepper could trigger transient receptor potential vanilloid type-1 (TRPV1). This triggering is believed to reduce pain.

According to some studies, piperine has a way to kill chronic pain, particularly neuropathic pain that is untreatable.

There are consumers who combine turmeric powder and black pepper in making beverages. However, there are also supplements that contain both of these ingredients.

**VitaBreeze curcumin supplement has been popularized by its potency, safety, and effectiveness. It also contains black pepper extract, and this means it has a high potential to efficiently deliver curcumin’s therapeutic properties.**

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

**About VitaBreeze**

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company’s products are manufactured in the United States using the finest-quality
ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit http://www.VitaBreeze.com to learn more.

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