Curcumin has resurrective effects on immune system health. This bioactive agent is found in turmeric, which is an ancient medicinal spice. This phytochemical contains a variety of healing ingredients.

The anti-inflammatories are one of the most popular healing agents of curcumin. However, there are others such as its antibacterial, antioxidant, anticarcinogenic, antitumor, antiseptic, antiviral and antimicrobiotic properties.

The Journal of Nutritional Biochemistry published an article in 2012. This article demonstrates a report made by the researchers from Oregon State University (OSU). According to the researchers, curcumin has an innate immune function.

Adrian Gombart, OSU Linus Pauling Institute associate professor of biochemistry and biophysics, and his colleagues demonstrated that curcumin almost tripled the gene expression of a certain gene.

This type of gene encodes the cathelicidin antimicrobial peptide (CAMP). CAMP is a protein that combats bacteria, fungi, and viruses, which the immune system has not encountered yet.

It is important to note that CAMP is the only antimicrobial peptide of its kind identified in humans. It has the ability to damage a selection of bacteria, including one that causes the development of tuberculosis.

There are a number of ways that the immune system could be weakened, and one is eating food items with low nutritional values. It could also be consumption of food that contains high levels of chemicals and other substances.

Practicing an unhealthy lifestyle is another threat against the immune system. Consumers should ensure that they have an ample of time to sleep and avoid unhealthy habits.

Using curcumin could be an effective way to improve immune system health. This phytochemical is loaded with a variety of healthy ingredients.

It is undeniable that there is a wide array of pharmaceutical drugs available in the market. When the immune system is weakened, the body is highly susceptible to diseases.

When a disease develops, it can be easy to buy medications. However, it is wiser to strengthen the immune system and eliminate the risk of having ailments. This can be done through the use of curcumin.

This phytochemical could naturally boost immune system health, and protect the body from diseases and disorders. One of the best things about taking curcumin today is that it can be done through supplementation.

Supplements contain high levels of curcumin’s therapeutic properties.


About Incredipure

Incredipure is a small nutraceutical company specializing in herbal supplements. Manufactured in the United States following strict GMP guidelines, all products are made using only the highest quality ingredients from suppliers within