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Curcumin Research

Curcumin is fast becoming one of the most researched phytonutrients in the world. As evidence, in 2000, there were about 100 papers published on curcumin; in 2015, there were 1,100 papers published. And in the first quarter of this year, there were over 400 papers published. Why all the attention on this yellow phytonutrient?

I mentioned the anti-inflammatory and antioxidant qualities on Tuesday. The focus of a lot of research is for curcumin's use as a potential cancer treatment and preventive for Alzheimer's disease. Most of these are test-tube studies. Researchers are trying to examine curcumin's effects on very specific enzyme and metabolic pathways in the body. By looking at the way that curcumin and its metabolites affect how the body responds to specific amounts of this phytonutrient, they may be able to develop treatments.



Therein lies the issue you need to understand with curcumin research. The research is attempting to find the active components and how they work to develop treatments for diseases. That isn't nutrition; that's medicine. The goal isn't to tell you the best forms of turmeric or curry to put in your food to get some benefits. The goal is to discover a medical treatment. That doesn't make it bad or unethical; that's the way science and medicine work.

Is all lost? Would using turmeric in food or taking a supplement be a waste of time? Of course not, and I'll tell you why on Saturday. If you'd like a primer on herbs, get a copy of my audio download *Vitamins, Minerals, Herbs, and Other Supplements*. It's got the general information you need to understand the differences and roles each play in our health, and I've lowered the price to just \$2.99.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

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