



July 6, 2016 – Grand Rapids, MI

## Curcumin: Question 1

In April, I wrote about curcumin, the latest popular supplement proclaimed to fix what ails us; it's an antioxidant, reduces inflammation, and may have other beneficial properties in treating cancer and improving memory. But over the holiday weekend, I thought about the questions that still need to be answered. The questions apply to just about any nutrient that's purported to be the latest and greatest—juices such as açai or noni or powders such as moringa.

Let's begin with antioxidant properties. Could the amounts used in supplements be too much? Curcumin is poorly absorbed; that's why pepper is added to it. But that changes the way our bodies would normally absorb the nutrient. Could the amount that's naturally absorbed be the correct amount based on how our digestive systems have developed over the years?



Aren't antioxidants good for us? Yes, but so are free radicals; they're part of our immune system response. Antioxidants neutralize free radicals and that can be good. Eliminate too many and it might have unintended consequences. And this is just one of the things antioxidants do.

Another question tomorrow.

What are you prepared to do today?

**Dr. Chet**

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