

## Curcumin Health Benefits



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## **CURCUMIN**

*Natural Anti-inflammatory & Super Antioxidant*



Turmeric is the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb. It contains compounds with medicinal properties. These compounds are called curcuminoids, the most important of which is **Curcumin**.

**Curcumin** is the main active ingredient in Turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

However, the Curcumin content of Turmeric is not that high. It's around 3%, by weight. Most of the studies on this herb are using turmeric extracts that contain mostly Curcumin itself, with dosages usually exceeding 1 gram per day. It would be very difficult to reach these levels just using the turmeric spice in your foods.

Therefore, if you want to experience the full effects, you need to take Onlynutra Curcumin Capsules that contain significant amounts of Curcumin. Each Onlynutra Curcumin veg capsule contains 500 mg Curcumin and its suggested dose is two capsules daily.



# Top 10 Health Benefits of Curcumin

## 1. Curcumin is a Natural Anti-Inflammatory Compound

Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions.

Therefore, anything that can help fight chronic inflammation is of potential importance in preventing and even treating these diseases.

**Curcumin** is strongly anti-inflammatory. In fact, it's so powerful that it matches the effectiveness of some anti-inflammatory drugs, without the side effects.

## 2. Curcumin Dramatically Increases the Antioxidant Capacity of the Body

Oxidative damage is believed to be one of the mechanisms behind aging and many diseases. It involves free radicals, highly reactive molecules with unpaired electrons. Free radicals tend to react with important organic substances, such as fatty acids, proteins or DNA. The main reason antioxidants are so beneficial is that they protect your body from free radicals.

**Curcumin** has powerful antioxidant effects. It neutralizes free radicals on its own but also stimulates your body's own antioxidant enzymes.

## 3. Curcumin Lower Risk of Heart Disease

**Curcumin** may help reverse many steps in the heart disease process. Perhaps the main benefit of Curcumin when it comes to heart disease is improving the function of the endothelium, which is the lining of your blood vessels.

It's well known that endothelial dysfunction is a major driver of heart disease and involves an inability of your endothelium to regulate blood pressure, blood clotting and various other factors. **Curcumin** reduces inflammation and oxidation, which play a role in heart disease as well.

## 4. Curcumin Can Help Prevent (And Perhaps Even Treat) Cancer

Cancer is a terrible disease, characterized by uncontrolled cell growth. **Curcumin** has been studied as a beneficial herb in cancer treatment and been found to affect cancer growth, development and spread at the molecular level. Studies have shown that it can contribute to the death of cancerous cells and reduce angiogenesis (growth of new blood vessels in tumors) and metastasis (spread of cancer).

## 5. Arthritis Patients Respond Very Well to Curcumin

Arthritis is a common disorder characterized by joint inflammation. Many studies show that **Curcumin** can help treat symptoms of arthritis and is in some cases more effective than anti-inflammatory drugs.

## 6. Curcumin Boosts Brain-Derived Neurotrophic Factor, Linked to Improved Brain Function and May Be Useful in Preventing and Treating Alzheimer's Disease.

Brain-Derived Neurotrophic Factor (BDNF) is a type of growth hormone that functions in your brain. Many common brain disorders have been linked to decreased levels of this hormone, including depression and Alzheimer's disease.

**Curcumin** can increase brain levels of BDNF. By doing this, it may be effective in delaying or even reversing many brain diseases and age-related decreases in brain function. It may also improve memory and make you smarter, which seems logical given its effects on BDNF levels. Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in your brain.

## 7. Curcumin Has Incredible Benefits Against Depression

**Curcumin** has shown some promise in treating depression. Curcumin is as effective as an antidepressant. Depression is also linked to reduced levels of brain-derived neurotrophic factor (BDNF) and a shrinking hippocampus, a brain area with a role in learning and memory.

**Curcumin** boosts BDNF levels, potentially reversing some of these changes. There is also some evidence that Curcumin can boost the brain neurotransmitters serotonin and dopamine.

## 8. Curcumin May Help Delay Aging and Fight Age-Related Chronic Diseases

If **Curcumin** can really help prevent heart disease, cancer and Alzheimer's, it would have obvious benefits for longevity. For this reason, Curcumin has become very popular as an anti-aging supplement. But given that oxidation and inflammation are believed to play a role in aging, Curcumin may have effects that go way beyond just preventing disease.

## 9. Curcumin also Promotes Liver Health

**Curcumin** have also been found to improve liver function and reduce the level of toxicity in the body by stimulating the lymphatic system and removing toxins efficiently. The antioxidant activities of Curcumin are an ideal solution for Liver ailments such as Cirrhosis and Fatty Liver disease.

## 10. Curcumin Benefits the Management of Diabetes

**Curcumin** can lower and stabilize blood sugar levels. It can also prevent people with Pre diabetes from developing Type 2 Diabetes. It's capable of doing so because Curcumin improves beta cell function. Beta cells can secrete insulin, which lowers blood sugar concentration. This reaction is why many medical professionals recommend Curcumin for Diabetes.