



Turmeric for Health: 100 Amazing and Unexpected Uses for Turmeric

Britt Brandon

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Discover the power of turmeric!

For centuries, turmeric, the spice that gives curry its yellow color and its distinctive warm and earthy flavor, has been used in eastern medicine traditions as an anti-inflammatory and pain-relieving remedy. Now, new medical studies are confirming this wisdom--and adding to it. Turmeric contains powerful antioxidants, which can help combat chronic life-threatening diseases, including heart disease, certain types of cancer, arthritis, Parkinson's disease, and Alzheimer's disease. It's also an all-natural remedy for common ailments and an effective health and beauty aid. *Turmeric for Health* provides 100 all-natural solutions that help:

- Soothe digestive upset
- Relieve daily aches and pains and reduce inflammation
- Improve metabolic function and weight loss
- Promote healthy skin, hair, and nails

With *Turmeric for Health*, you'll discover all the benefits that this simple spice can bring--without dangerous chemicals or costly procedures.

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