



Turmeric Curcumin: Superfood for Optimal Health: 18 Quick and Tasty Turmeric Recipes to Heal Cancer, Arthritis and Alzheimer s

By Linda H Harris

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Many people know turmeric curcumin as a flavor-filled spice and ingredient in yellow mustard and curry powder. The spice has a centuries-old medicinal usage treating many common ailments and diseases. For instance, turmeric is touted as a strong antioxidant in treating cancer while its anti-inflammatory actions lessen suffering from Alzheimer s Disease, arthritis and cardiovascular diseases. Turmeric Curcumin: Superfood for Optimal Health introduces the history of turmeric curcumin and its outstanding benefits for anyone s health. This book presents substantial scientific evidence for the medicinal value of this miracle spice. Adding turmeric curcumin to a health regimen is simpler than you might think. As an additive to food or beverage, and even as a dietary supplement, this outstanding superfood tastes great. Try the 18 delicious turmeric recipes in this book. They include Superbowl Honey and Turmeric Wings, Tandoori Tofu and Moroccan-flavored Pork Ragu. Sounds great? Then, order the book and begin enjoying the goodness of this golden and healthy spice.



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