



Superfood Lover s Turmeric Cookbook: Fight Disease and Get Healthy Fast with the Best Turmeric Recipes

By Andrea Silver

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You re about to embark on the exciting world of turmeric / curcumin cooking! An ancient root that is known as one of the healthiest spices in the world -- it s no wonder turmeric is considered a quot;superfoodquot;, fortified with powerful vitamins and minerals, including natural anti-inflammatory properties which are linked to the prevention of a great variety of diseases. Included are some of the tastiest recipes I ve yet compiled. Every recipe here is inspired by Southeast Asian, Indian or Middle Eastern cuisine, with some Western staples thrown in, as well. What this means is gourmet, turmeric-infused cooking that you won t be able to get enough of. Some of the benefits of a turmeric rich diet include: - A reduction of the risk of cancer. Some studies link turmeric consumption to a lesser cancer rate. - Anti-inflammatory properties have been linked to the prevention of diabetes - Turmeric has been shown to improve the immune system And a lot more. By discovering turmeric, you are uncovering the history of curries and some...



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