



## 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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