



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Anti-Inflammatory POWERHOUSE



Curcumin Powerhouse

“Curcumin has the ability to neutralize inflammation and combat smoldering infections, as well as activate the body’s natural antioxidants.”

I'm sure you have heard the positive buzz about curcumin, a principal curcuminoid of turmeric, and its many benefits. For starts, it has anti-malarial, antibacterial, antiviral, anti-inflammatory, antioxidant, anti-proliferate, antiseptic, and anti-angiogenic properties in humans. “That's a lot of anti's.”

Some authors have called curcumin the king of anti-inflammatory substances, but recently, I've become aware of all its impressive brain enhancing properties. For example, amyloid plaque has been associated with Alzheimer's and Parkinson's disease. Studies have shown that curcumin reduces amyloid plaque by at least 8 different mechanisms. The most destructive form of amyloid plaque is called

oligomers. Oligomers act like caustic balls of goo slowly burning neurons and neuron connections. In very small amounts, curcumin reduces the amount of oligomers as well as reducing its toxicity.

Here's another benefit. As we age, toxic metals, particularly iron, begin to accumulate in parts of the brain, especially after an injury or in Alzheimer's and Parkinson patients. Curcumin easily enters the brain and acts as a heavy metal chelator to neutralize toxic metals.

Studies have also shown that the brains of Alzheimer's patients have very low levels of glutathione. Curcumin naturally restores glutathione levels.

On another front, one of the most destructive oxidative substances is peroxynitrite. Both curcumin and glutathione are important to neutralize it.

Based on curcumin's ability to neutralize inflammation, combat smoldering infections, as well as activate the body's natural antioxidants, it comes as no surprise that scientists are actively studying curcumin's ability to fight cancer. An article by *Life Extension* describes some of the ways curcumin can prevent cancer. Curcumin inhibits two important cell signaling pathways, mTOR and NF-kB. To understand those scientific terms, basically anything that stimulates mTOR shortens lifespan. Anything that inhibits mTOR extends lifespan. NF-kB is like a dormant genetic

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amplifier. It's present in every cell, but once it gets activated, inflammation and cellular destruction are the result. Curcumin inhibits both. Also, curcumin nourishes processes that causes the death of cancer cells and assist cancer cell destruction.

Curcumin activates responses that protect the brain against toxic metals, pesticide, and herbicide toxicity.

It's the oil fraction of the turmeric root that contains curcumin. The challenge is how to get the oil from the root into our cells without eating 10 grams a day of material that stains our teeth and clothes. It's a very safe and effective food dye.

To optimize the potential health benefits, a number of emulsification methods have been developed to enhance the absorption of curcumin. For over 40 years, one of Biotics Research's specialties has been the technology involved in emulsification as a delivery system for fat soluble nutrients. Now, Biotics Research has embraced a game changing emulsion process with curcumin. The research shows absorption is 5-6 times greater than the other leading emulsifiers. CurcuminRx uses this patented emulsification technology.

CurcuminRx contains only natural turmeric compounds and delivers a range of over 200 beneficial turmeric nutrients.

To extract curcumin, solvents are typically used to remove it from the dried turmeric root. Some manufacturers use innocuous solvents like isopropyl alcohol or acetone. One such compound 1, 2 Di-chloromethane which is a Class I toxic solvent was found in curcumin powder for sale as a raw material. The EPA sets an upper safety limit of 5 ppm. Re-searchers at Biotics found 139.3 ppm, nearly 30 times above the acceptable limit. This raw material was clearly a toxic compound and not suitable for human consumption.

Solvent residue testing is not required by GMP, good manufacturing practices. Who tests for residues of solvents? Well... BIOTICS DOES. Heavy metals, aflatoxins, solvents, and bacteria are examples of the things Biotics screens on every ingredient in every product. This is why your clinician trusts and recommends products by Biotics Research Corporation.

Don't waste money on curcumin that could be ineffective or that you can't absorb. The benefits of curcumin are too amazing! Ask your clinician about CurcuminRx.