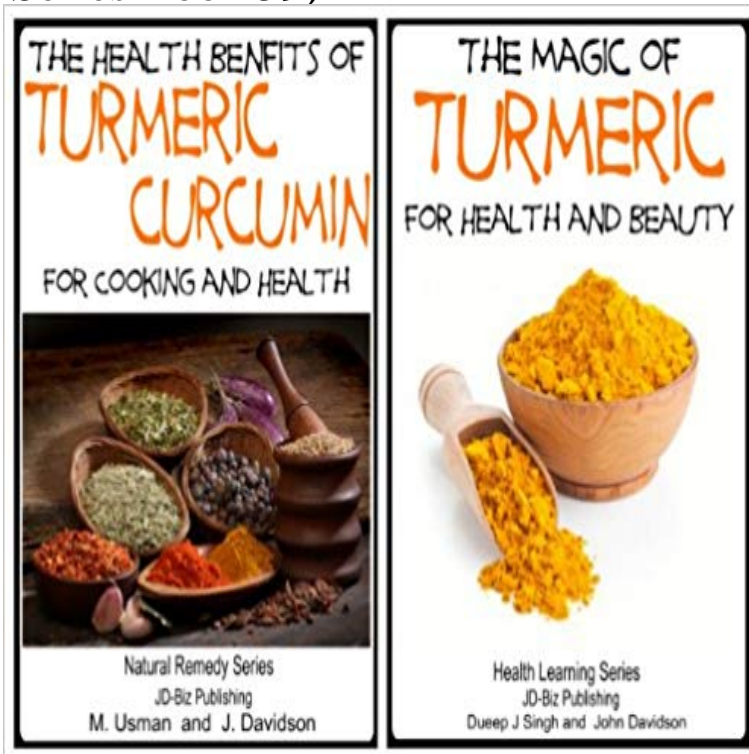


2 Books - Health Benefits of Turmeric - Curcumin For Cooking and Health - The Magic of Turmeric For Health and Beauty (Health Learning Series Book 59)



2 Different books from 2 different authors. Learn all there is to know about Tumeric

Book 1 Health Benefits of Turmeric - Curcumin For Cooking and Health Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Facts Chapter # 3: Uses of Turmeric Chapter # 4: Storing Turmeric Recipes Chapter # 1: Eggless Egg Salad Chapter # 2: Sprouted Lentil Veggie Burger Chapter # 3: Orange Turmeric Cake Chapter # 4: Quick Curried Beef Chapter # 5: Beef Carry Chapter # 6: Tagine of Lamb & Apricots in Honey Sauce Health Benefits of Turmeric Chapter # 1: Introduction Chapter # 2: Inflammation and Oxidation Chapter # 3: Cystic Fibrosis Chapter # 4: Childhood Leukemia Chapter # 5: Cardiovascular Diseases Chapter # 6: Alzheimers disease Chapter # 7: Cancer Chapter # 8: A Super Spice Conclusion References

Book 2 The Magic of Turmeric For Health and Beauty Contents Introduction There Is Something about Turmeric How to Grow Turmeric Best Soil for Turmeric. How to Harvest Turmeric Turmeric Essential Oil Storing Your Turmeric How to Grind Turmeric Using Turmeric for Dyeing Turmeric as an Insecticide Turmeric for Beauty Natural Skin Remedy Getting Rid of Skin Blemishes Getting Rid of Sunburn Turmeric Body Mask Oatmeal Turmeric Scrub Turmeric in a Toothpaste? Sprouted Lentil Veggie Burger Orange Turmeric Cake Marinated Grilled Prawns Savory Chickpeas Turmeric to Heal You. Tummy Parasites? Suffering from anemia? Turmeric for Curing Wounds Turmeric Antiseptic Turmeric and Onions team up against Colon Cancer Conclusion

Natasha Corrett even goes as far as to claim in her book Honestly Healthy that, turmeric, her number one favourite ingredient may prevent Turmeric is an old Indian spice with a powerful medicinal compound called Curcumin. Here are the top 10 health benefits of turmeric/curcumin. However, the curcumin content of turmeric is not that high its

around 3%, by weight (2). . One study shows that is as effective as exercise, another shows thatTurmeric for Health and millions of other books are available for Amazon . 100 Amazing and Unexpected Uses for Turmeric Paperback September 2, Its also an all-natural remedy for common ailments and an effective health and beauty . Health, The I Love My NutriBullet Recipe Book, Activated Charcoal for Health, Turmeric health benefits includes fighting inflammation, neutralizing free A substance called curcumin in turmeric is from where most benefits are derived. 2. Antioxidant. Our bodies undergo a natural oxidation process by which our A study conducted on people with depressive mood disorders wasMany people know turmeric curcumin as a flavor-filled spice and ingredient in on orders over \$25or get FREE Two-Day Shipping with Amazon Prime . In her spare time, Linda enjoys running, yoga and books. Learn more. I was unaware of the many health benefits of using this delicious spice in cooking so am - 37 secWatch PDF 2 Books Health Benefits of Turmeric Curcumin For Cooking and Health The Magic