

stanleybecker

I add turmeric to my sardines and omelettes and just about anything I cook that has an oil content - if I reflect on what the main discernable characteristic of turmeric is, I would immediately focus on it's "bitter" quality - in the Okinawan approach to longevity and health, "bitterness" which is a key part of the melody of four major taste factors needed in every meal - the other three being sour, sweet, and salty - however the African cucumber they call "Goya" is thought to be particularly healthy and guaranteeing "regularity" of bowel movement - this the Okinawans consider essential to "good health" - what has this got to do with curcumin?

- Goya and curcumin both fall on this "bitter" spectrum of taste - the "bitter" has long fallen out of favor in the Western palette of taste while slow food transit and constipation [both abhorred by the Okinawans] have become epidemic in Western society and globally as the American food bias [for exclusively sweet and salty], is rapidly colonizing the planet - to ignore the sour and especially the "bitter" is to impoverish the opportunities for full spectrum taste experience - the Okinawans are themselves now succumbing to MacDonalds and Coke toxicity and losing their immunity that traditionally, by embracing the "bitter" and "sour" and avoiding the sickening bias for the "sweet" they gained the statistical kudos of being the longest lived people on our planet - pure cacao is bitter and curcumin is bitter - include the "bitter" in your diet and protect your immunity from the ravages of an exclusively sweet dietary preference or bias

Posted On 03/02/2014

forbiddenhealing

Stanley..Good observation, bitter has long been thought to be a marker of H2O2 release properties in plants. H2O2 is bottomline immune defense, the natural oxidizer the body produces, then that hot oxygen destroys pathogens and unwanted cells, generally within phages...So curcumin is a twofer like Vit C in megadose being not only a polyphenolic antioxidant electron source, but also an immune oxidizer! And good article on effective use of turmeric the root, cooking it and its powerful extract curcumin...proving once again that quantity matters.

Posted On 03/02/2014

njlady

thanks for that info Stanley...could you please list some other foods besides cocoa and curcumin that are considered bitter..would vegetables like broccoli rabe and cress be good "bitter" foods? I have found that what some people consider bitter or hot and intolerable foods, are quite tasty and not an issue for others.

Posted On 03/02/2014

Integralhealing

And one of the best digestants is the herbal mixture 'Swedish Bitters' which have a great history. Readily available here in the UK and great taken with meals to aid digestion and absorption. Wiki ... Swedish bitters is a traditional herbal tonic,[citation needed] said to have been formulated originally by Paracelsus[citation needed] and rediscovered by 18th century Swedish medics Dr. Claus Samst and Dr. Urban Hjärne.[citation needed] In modern times Swedish bitters has been popularised by Maria Treben, an Austrian herbalist.[citation needed] The tonic is claimed to cure a large number of ailments and help digestion. However, these claims are presented with little in the way of scientific evidence to support them. One published recipe[citation needed] uses the following ingredients:- aloe, myrrh, saffron, senna leaves, camphor, angelica root, zedoary root, manna, theriac venetian, carline thistle root and rhubarb root.[citation needed]

There are variations on this recipe and herbal shops supply alcoholic and non-alcoholic versions of the drink. The alcoholic Swedish bitters is reported as having a similar flavour to Angostura bitters, though perhaps a little drier. Ingredients[edit] The following herbs are added to alcohol to make Swedish Bitters[clarification needed][citation needed] aloe (active ingredient) water extract of the following herbs: angelica root carline thistle root camphor manna myrrh rhubarb root saffron senna theriac venetian zedoary root

Posted On 03/02/2014

rrealrose

Hi Stan, Absolutely you ARE on to something with the "bitter" taste, it is out of favor and unfortunately may not be totally applicable for the topic discussed in the above. In 4000 to 6000 yo Chinese taoist healing theory, the bitter taste helps support the heart function. This is one reason they developed "the five element theory" towards eating and food prep, where care is taken to include a balance of five flavors during a meal (and during the day). Of course, ALL this is predicated on balancing pH, so your body is not too acidic or too alkaline. Fast forward to the 1960's, my sister's BFF's dad always prepared bitter greens like broccoli rabe with bacon or panchetta (if avail.) about once a week, as he said it kept his heart strong. They came from the Old Country (Italy) and suspect this may have been known throughout the Mediterranean region in agricultural areas.

Posted On 03/02/2014

rubylaverne

Yes Stanley, bitter is better! much more so than the syrupy, slimy taste of sugar! Never considered turmeric in my slightly raw, cooked in coconut oil, farm eggs. You have so many fantastic ideas!!

THANKS, LaVerne

Posted On 03/02/2014

SocraticDog

Very interesting exposition Stan. Seems salient to the main article. I add a heaped teaspoon of cacao powder and one of turmeric powder to my morning pot of coffee, have done this for years. Make the coffee the traditional Indonesian way, pouring boiling water over several teaspoons of finely-ground coffee (espresso is not fine enough, needs to be Turkish-fine) and letting it sit 5 minutes for the grounds to settle to the bottom before drinking. I also like to add half a dozen cloves (also bitter?).

Makes damn good coffee, if I say so myself. I was doing this a long time before I heard about the health benefits of turmeric. A happy added bonus.

Posted On 03/02/2014

AlaskaCanines

I definitely agree with the 'bitter' aspect. They say 'bitter is better' (or used to anyway). An example I have is treatment for my Golden Retriever, Sammy, who was diagnosed with nasal cancer on June 1, 2011. Radiation therapy was not an option here in Alaska (we don't have it for animals); didn't want to do chemo since quality of life would go down; did do non-steroidal anti-inflammatory Peroxican then changed to Meloxicam. This prescription was given to her so her breathing would be less labored. She sounded like she had a stuffed up nose like a human. I researched cancer fighting agents. Found vitamin B-17 was a great cancer fighting agent - most commonly found in apricot kernels, and crush one up for morning feeding and one for evening feeding.

Also give supplements of turmeric, CoQ-10 (to help immune system), krill oil and Chinese herbals for dogs-Stasis Breaker and Wei Qi Booster. Also feed cancer fighting veggies like broccoli, peas, and cabbage. Sammy was given 6-8 months to live on June 1, 2011 and she is still alive, active and has a fantastic appetite. She turned 12 on this past Nov. 12. Apricot kernels are bitter in taste. The arsenic in the apricot kernels attacks the cancer cells. "Google" vitamin B-17 for more info on the apricot kernel aspect. All these things I did for my dog are meant for humans and I just applied them to her because we love her and wanted her to be with us as long as her quality of life was thriving.

Posted On 03/03/2014

amigrin

Its just a shame it does not get absorbed very well.

Posted On 03/05/2014

hellbent

The Chinese doctor I go to reinforces the Traditional Chinese Medicine mantra of "bitter herb, better cure". You can tell that I'm doing the weekly herbal stew-up the minute you walk through my door!

Posted On 01/02/2019

BallyIrish

Thank you Dr Mercola for yet another well written, erudite and instructive article. As you rightly say, you will not win against the status quo, but you, and others like you, are fearlessly helping thousands to escape the murderously greedy clutches of the drug companies by exposing them -and many politicians and organisations (those firmly and shamelessly in the pockets of the drug industry) -for what they are - and this includes the FDA for which I have an abiding disgust.

What a wicked world we live in! I have lived a healthy life, except for the ravages of lead poisoning contracted as a boy by keeping my air gun lead pellets in my mouth for speedy reloading - and chewing and swallowing them! We knew nothing about lead poisoning in those days, neither did the local Doctor...Your articles have removed the many scales from my eyes regarding the nefarious drug industry, and related instances and prove what I have always believed in : wholesome organic food! I grew up and worked with the indigenous peoples in rural South Africa, always grew my own organic vegetables and ate and drank organic food, raw milk and spring water; and saw my mother go to bed with "flu" only once. I don't recall my parents ever taking drugs and my Dad was never sick.

Both my parents were extremely active sports people, as were we five five siblings. There it s, the recipe for vibrant health: organic food and regular exercise! (No TV in those days!) Today, a widower, I live in a city, in a complex for over 50s where no one has ever grown vegetables before: but I do! I begged for a small garden outside my flat, and there I grow my own organic vegetables, along with flowers in pots on my small back porch and so continue to live along with nature to the extent possible. Old age doesn't stop me from eating food free of insecticide!!!Please keep going Dr Mercola, see good for all your honest hard work and the love you show for your fellow man, it is the gift of Jehovah God!

Posted On 03/02/2014

NaturalWoman7

Thank you Irish for saying so well and expressing so grandly my exact sentiments to Dr. Mercola. Anyone today who is offering alternative to the statusquo(sp?) will have many detractors. All the while they are allowing the precious animals who can give us their nourishment to be raised in the most deplorable and inhumane conditions, pervert their diets, and turn their flesh to poison. The same goes for our plant life.

As for the Curcumin I've heard of it's benefits before, and I will begin to include it in my diet!

Thank you again, Dr. Mercola for the blessing this website has been to me since Feb.14th when I joined, and I thank God for you and the message you are getting out to the enumerable amount of people. You are one of the most unselfish and altruistic of anyone that I know of for sharing all of this information with us. God Bless you!!!:)

P.S. Irish, as to the lead poisoning, I'm so blessed you lived! It's never ceased to amaze me how ignorant Drs. are and their avoidance to gaining more knowledge, when something as easy to test for can slip through the cracks. I recently had a Dr. at Kennestone Hosp. in GA tell me there was "no mercury in our society today" when I asked him about mercury poisoning in association with non-diabetic neuropathy! Can you believe it? What a dope. I was dumb struck!!! I would like someone like Dr. Mercola to get hold of him!

Posted On 03/02/2014

JayPatrick

I'm up to two tbs turmeric in a three organic egg omelet seasoned with fresh ground black peppercorns, pink sea salt, and red pepper. I cook it slowly making sure it doesn't overheat and get tough. Oh yes, I mix in organic olive oil generously, to make sure I'm getting enough of the proper oil in my diet. After reading the comments here, I may-as-well make a fermented turmeric concoction, too. I'm big on fermenting my own vegetables, something I picked up from Dr. Mercola.

Considering that I'm a 71 year-old, disabled veteran on an inadequate pension, the expensive, specialty products most homeopathic physicians recommend (and usually sell) are out-of-the-question. I just fumble along doing the best I can on a beer budget, which along with well-balanced exercise, keeps me whistling while I play. I have noticed that my mental acuity has surprisingly increased. In fact my vocabulary has mysteriously increased (which doesn't do me much good unless I'm posting to the NYT). For me, getting older is rather like getting younger with growing knowledge of healthy lifestyle!

Posted On 03/02/2014

Dagmar

it is tragically sad to me to read almost every day how much all of us are or will straggle later in life because of the up to the top basic life expenses....it is a shame ...

Posted On 03/02/2014

Rellaa

I am very surprised that 3 Tablespoons of Turmeric at one sitting does not burn thy stomach. Don't tell me you use Thai peppers, too :-))

Posted On 03/02/2014

Sue12Cross

Hi, you can actually grow your own organic turmeric quite easily - I have been doing this in North Western France where we haven't got the greatest of climates for this spice. I start the rhizome in the house in water over Winter and then grow it on over the Summer in our home-made glass greenhouse. I bring it back in for Winter and just take pieces of root off bit by bit leaving the rest of the plant to carry on growing. The leaves can be used in cooking too, to wrap food for steaming. If it would be of use, here is my film showing how to start turmeric off in water; <http://youtu.be/l-grpnUUAPY> and the second film showing you the harvest I got six months later; <http://youtu.be/wr9EoOHI6h0> It makes a great house plant too, if you have no garden! All the best.

Posted On 03/02/2014

emmylouhorses

JayPatrick....sounds like a fantastic omelette; but I would substitute coconut oil as olive oil is damaged by heating; unless of course you mix in the olive oil after cooking? I love that you have noticed your mental state improving; I KNOW my head feels clear & my thoughts are more concise when I have almost no sugar in my diet. Add it back in (like I did for a couple of weeks at Christmas) & I could barely hold coherent thoughts together...fuzzy head....and I'm only 45! Getting older for me too is getting healthier; I find that if I eat totally organic, I actually need so much less food & I am feeding the family almost totally organic for a lot less money than we were spending when we ate crap.

Posted On 03/02/2014

VonSchneider

Thanks for the videos Sue.

Posted On 03/02/2014

tinamina49

Lately I have been making a "bug" of grated turmeric root and ginger root. You can try the same method with turmeric alone. I grate a ginger root and equal parts of turmeric root and keep this mixture in the fridge. The recipe for the bug is to get a wide mouth mason jar, add 1 T grated roots, 1 T sugar and 3/4 c water. Cover the jar with paper towel/rubber band and store in a warm place. Next day you add another T roots, 1 T sugar. keep feeding your "bug" until it is fermented, bubbling when you stir...3-5 days? Strain the juice and use it in your kombucha, your breakfast drinks, your lemonade....whatever appeals. Add another 3/4 c water to the remains, 1 T sugar and 1 T grated roots to keep it going. This fermenting method is supposed to make the turmeric root more bioavailable to the body. Worth a try with not much work. You can use rubber gloves of some kind when you grate the roots directly into your container to avoid the "yellow kitchen", which is real but can be erased with baking soda paste.

Posted On 03/02/2014

evedawn

Interesting; I will try this. I use grated turmeric in my fermented veggies and also want to try the home-made liposomal curcumin sometime.

Posted On 03/02/2014

Alioops

YES! My yellow stained kitchen countertops have been rectified and renewed with baking soda paste and alota scrubbing. Thank you for this tip, and yet so simple. Just don't get turmeric on your light colored clothes, groan!

Posted On 03/02/2014

rubylaverne

Tina --- thanks so much for this post. I just copy/pasted. laverne

Posted On 03/02/2014

tmradius

Good and timely article. And the comments tell me that there are a lot of savvy readers out there. I learned a few things here from all of you. Personally, I like to grow my veggies in pots lots of pots because space is here is premium. Although I am (already) 96, I do want to live a little longer. I still take no meds but a lot of supplements. I really should write a book, "The Confessions of a Nonagenarian."

Posted On 03/02/2014

SalHey

Most the time they don't talk to you about turmeric/curcumin at all unless YOU bring it up. If they do say anything about it they don't EVER mention the fact that you need to take it with black pepper for it to absorb (Piperine). You don't ask a physician for nutritional advice - it wasn't in their curriculum. They actually don't know.

Posted On 03/02/2014

drizzy

"You don't ask a physician for nutritional advice - it wasn't in their curriculum. They actually don't know." Right, and the pharma companies want to keep it that way, which is why the medical-industrial complex more or less defines med school curriculum.

Posted On 03/02/2014

DocLynn

I partly agree. Few MDs do get nutrition in med school, but some have avidly pursued post-grad education and I have great respect for them. The key is to find these types of docs and use them as part of your health team!

Posted On 03/02/2014

rubylaverne

I am one lucky female - I am the patient of a father/son team, who practice alternative med. They are SO into nutrition! Patients come from around the World to see the Dr Berksons. I also see an alternative med veterinary, who takes human patients one day a week. Dr Kincaid is also SO into nutrition. Dr. Kincaid has the rep, even with other veterinarians, if your dog has been pronounced terminal, do not give up, without first seeing Dr Kincaid. I can't say enough about the treatment that he gives his human patients. I wish all medical practitioners could be this savvy and interested more in their patients than in their cash intake. Just a quick note - All three of these great doctors, tell me 'do not worry about cholesterol - it's a way to sell more prescriptions'.

Posted On 03/02/2014

NaturalWoman7

Hell "dizzy", big pharma FUNDS medical schools so the Docs will prescribe their drugs, safe or not! I'm soooo glad you made this point! Good for you!

Posted On 03/02/2014

publichealthmd

er- I do take the time to speak with my patients about turmeric, because it works better for chronic pain than any other medicine.....patients taking turmeric (as described below) actually forget that they have pain. In my experience, the only way people will take turmeric is if you buy it for them and nag-oops-gently keep reminding them. I have given turmeric to a lot of people, not many are taking it (well mom and her sister are, but I have been nagging them longer) Most patients want prescriptions, I dont know if everyone is interested in getting better.... I will keep trying, any pt on turmeric will have better bones, liver, less chance of CA/dementia, infection, pain etc. I would be careful about using three spoonfuls of turmeric. Best way is to take it before bed-time, one teaspoon in one glass of regular milk, heated for better yield of the active product. this cure comes from the subcontinent, land of turmeric, where we use it for healing all kinds of boo-boos.

Posted On 03/03/2014

cqking

I will continue to take curcumin in smaller amounts for inflammation; but I have not had any positive results regarding cancer.

Posted On 03/09/2014

9Robert

Well DUH! That's why the Chinese boil their roots, ALWAYS when they use them as medicine- usually at least 20 mins. So the body can absorb everything. And in India they serve it with milk or ghee, so there is the fat. All you need is the WHOLE ROOT- ya don't need any fancy laboratory modified turmeric. Just take it an simmer it. Drink it. Or get an alcohol /water tincture of it. Done. Have a few almonds along with it. In fact some studies show standardized extract is not as effective as the whole root

Posted On 03/02/2014

shellybytheseashore

Where does one purchase a good quality organic curcumin product? Maybe Merola has one? As well, does anyone know where to purchase human grade DCA that was featured in the cancer trials at the University of Alberta? I hear there are a lot of companies selling DCA that is of very poor quality. Thanks!
Shelly

Posted On 02/17/2014

coolchick5418

shop.mercola.com/.../curcumin,206,0.htm so yes he does

Posted On 03/02/2014

meredith848

Curcumin/Turmeric is one of the treatments in the Dirt Cheap Protocol. However, we add honey so it can get inside the cancer cells better: www.cancertutor.com/dirtcheaprotoocol Webster

Posted On 02/17/2014

Denise69

That's interesting since the honey would feed the cells.

Posted On 03/02/2014

ronphilipp

@Denise69 Basically ... honey is used as a trojan horse to get the stuff inside the cancer cell. Can't kill it if you can't get into it.

Posted On 03/02/2014

badboy2

There are many nutrients such as paw paw, graviola, essiac formula, that can combat, prevent and beat cancers, and Turmeric is a very good one. Very recent findings has found another nutrient that has been around since the 9th. Century China, that can destroy 50% of Leukemia (an immune deficiency bone cancer) in just 48 hours. It also has some protection against oral cancers. That nutrient is a blue-green freshwater algae called spirulina, in which I use pretty much daily to help get and keep heavy metals out of the body, but was excited to find that it can do a lot more.

Posted On 03/02/2014

compasionateone

Anything natural cannot be patented, hence there is no money in it for big pharma and the industrial medical complex. There is a HUGE amount of money to be made in getting and keeping people sick. Many people spend their entire life savings battling cancer, and die anyway. In the "medical schools", only "approved methods" of "treating" (NOT curing) disease are allowed to be taught, approved by whom? Those who stand to line their pockets, of course, at the expense of the suffering masses.

www.whale.to/.../cancer_c.html

Posted On 03/02/2014

badboy2

There is also big money in donations compasionateone, whether it be for MD, cancer of any kind, or whatever disease. It's a shame that most of this money does not go towards research and to the real problems of these diseases. Even in Africa, most of the money does not go towards clean water, good food, and healthier living conditions and healthier immune systems. Most of the money goes towards foreign governments, corporate headquarters and better salaries. They come up with wasted\$\$ studies as to how to get rid of the malaria causing mosquitoes and vaccines as an example. Whereas many in the world already know that papaya leaves made into a tea will kill the malaria virus within a few days and may build an immunity to said disease if the person is fed and watered with clean food and water. But there is no money to gain in that way of thinking and we (the ones who care), continue around the world to be lambs for the fleecing.

Posted On 03/02/2014

compasionateone

bb2, I read Dr. Mercola's article on charities which are nothing more than scams, and watched scumbags drive away from investigative reporters (while giving them the middle-finger salute). People of compassion believe that giving money for research in the name of a loved one who died of cancer will somehow help others stricken with the disease, but many of these "charities" give little or nothing to help those they purport to help. I will not buy anything or donate money to anyone, knowingly or ignorantly connected with these frauds. May they get what they have coming to them. articles.mercola.com/sites/articles/archive/2013/08/07/worst-us-charit..

Posted On 03/02/2014

badboy2

Pesticides even in credibly tiny doses could set a person up for health problems later in life. The reasons for this is that pesticides build up over time throughout the body. Scientist have found through more than 260 studies that link pesticides to various cancers, including lymphoma, leukemia, soft tissue sarcoma, brain, breast, prostate, bone, bladder, thyroid, colon, liver, and lung cancers. Just more reason to stay away from process foods, buy locally, and know where your foods come from. As an example; I love Mexico and the Mexican people, but I am afraid that much, (not all), of their foods are highly sprayed with pesticides. I say this because a lot of fresh foods this time of year come from Mexico. We here in the US have become spoiled in having crops here all year long, but cannot grow in winter in most of this country. We can clean the pesticide in a lot of cases off of certain foods, cucumbers and such, but we cannot get rid of what the plants have taken up through their root systems. We need to demand safer foods not only grown here in the US, but from all foreign imports.

Posted On 03/02/2014

rrealrose

I heard that organic vegetables crossing in from Mexico are supposedly not irradiated. Don't know if that is trustworthy or not, but also heard that non-organic fruits and veggies crossing the border most likely are being irradiated...Just one more nasty (in this case nutrient robbing) thing to consider.

Posted On 03/02/2014

badboy2

You are right rrealrose, for no matter how hard you try it's becoming almost impossible to win. But I keep trying! And with many sites such as Dr. Mercola's, we have a very good chance of winning.

Posted On 03/02/2014

compasionateone

Maybe this is irrelevant, but when is the last time anyone saw a bug on any produce? We demand clean food, and I don't blame anyone for that. I remember a time when I would open an ear of corn and find a worm in the top. I just cut that part off and cooked the rest. When I was growing up we had an apple tree in our yard. A few of the apples had worms, again, we just cut that part out and ate the rest after washing them. BTW, finding a worm is better than finding only half - an old joke! I don't remember that we ever sprayed that tree, and we had lots of bees.

So what does that tell me? Most of what we're eating, if it's not healthy for bugs, it's not healthy for us either! BB2, we can either wash it off, which would be better for our health, or the fruits & veggies have it in their DNA, in which case unless non-GMOs are available, we have no choice but to eat it - or starve. Pretty tough choice. I heard about farmers encouraging birds to come and pick off bugs. They would go out in their fields and pick them off, dropping them into a bucket of vinegar(?) or soapy water (I don't remember what it was) or some other natural bug killer or get kids to do it.

We can plant marigolds around the borders of gardens to discourage pests. Those types of things are far better than suiciding ourselves with things like RR crops over which we have no control. I've also seen that processed foods from Mexico don't seem to have all the additives we do. Bottom line, we really don't know what we're eating unless we grow it or raise it ourselves. Even then, we're being chemtrailed to death, and we can't stop what's falling on us from the sky. What to do!!!!

Posted On 03/03/2014

badboy2

compasionateone; I do remember the old joke of biting into an apple and finding half a worm; Apple with protein. The only thing we can do is to educate others and control big ag by what foods we buy. Shoppers are more powerful than big ag, Monsanto and the big 5, and big pharmacy combined.

Posted On 03/03/2014

compasionateone

bb2, I agree that shoppers have a lot of clout, but they must be INFORMED, and the people at the top are determined to keep that power base in the dark!

Posted On 03/04/2014

Almond

Dr. Anne-Marie Giraud-Robert has documented considerable and extensive research with live cancer patients (not just in vitro) using frankincense essential oil injections directly into the tumor. For example, she generally sees regression of pancreatic tumors after only 3 injections. Most of what she has written is in French--you can find more info online. It would be interesting to see what might be accomplished with turmeric essential oil and other essential oils, assuming protocols to vary depending on the type of cancer and staging, etc. One advantage of essential oils is that they naturally diffuse into the greater area where cancer might infiltrate, but do not harm healthy tissue. A procedure like this should not be attempted by amateurs, but can be very safe when done under experienced physician supervision.

Posted On 03/02/2014

VonSchneider

But it would be "Illegal" to inject a pancreas with an "unproven" treatment in those with a fatal diagnosis. What if you hurt them? Or gave them false hope? But wait, that is what they already do.

Posted On 03/02/2014

searanchbum

I had a ton of arugula in the garden and made up this recipe using fresh turmeric. 1 large sweet potato sliced thin 2 table spoons of finely grated turmeric 2 tablespoons of finely grated ginger 3 large garlic cloves finely grated 1 cup chopped arugula Place the sliced sweet potatoes on a baking rack, brush with coconut or avocado oil salt pepper to taste. Bake at 375. Turn when crispy. Mix in a bowl ginger, garlic, turmeric with 1/4 cup of oil. When the potatoes are cooked place a small amount of the turmeric, ginger, garlic and oil mixture on each potato. Place back in the oven for 2 minutes to warm mixture. Remove from oven and sprinkle with fresh arugula. It is delicious!!

Posted On 03/02/2014

rubylaverne

searanchbum. Thanks for your recipe! I love sweet potatoes, and your post will be copy/pasted, and we will have roast sweet potato one night this week..... laverne

Posted On 03/02/2014

rrealrose

Just learned recently that women, primarily, love to eat arugula. Apparently many men can't stand the taste.

Posted On 03/02/2014

compasionateone

I copied your recipe, sent it to myself on the email and intend to try it real soon. Sounds mighty tasty. Thanks

Posted On 03/04/2014

markieman

Bioavailability of curcumin is indeed an issue. Two simple ways to address this: 1) "Cook" curcumin in a pan for 5 min at light temperatures in coconut oil or olive oil. I use about 1 teaspoon for every 50ml of oil. If you can tolerate the taste, as black pepper (provides piperine). This creates a liposomal form of curcumin which one can take orally, added to salad, cooked meats, etc... 2) For the more adventurous, add the curcumin to your coffee enema - although this doesn't provide sustained release, it avoids degradation from digestion, providing a highly bioavailable form of curcumin straight to the liver via the hepatic portal vein. @cancercoachpro

Posted On 03/02/2014

clanharwood

Please confirm because I do coffee enemas quite frequently - would I put the powder into the water of the coffee enema as I'm simmering it, and continue to follow the enema protocol (steaming, cooling etc..) :)

Posted On 03/02/2014

markieman

Dear clanharwood, indeed, add the curcumin to the water (1 tsp per litre/quart) at the same time as the coffee and let simmer 15 min. Don't forget to add salt (1 tsp) to help with retention. MgSO₄ (Epsom salts) is another ingredient to consider as a source of magnesium. Hope this helps.

Posted On 03/02/2014

dacyn2

Every time I hear about people dying of cancer in this country it makes my blood boil!! Do you know that they are curing cancer in many parts of the world without using chemo, surgery or radiation? In Germany they have a treatment using a machine that raises the body temperature to over 107 degrees which literally cooks the cancer cells to death but does not harm normal cells. Cancer cells are very fragile. Another treatment is by using enzymes to remove the coating surrounding the cancer cells which the cells use as a barrier of protection from the immune system. This allows the immune system along with a small amount of chemo to enter the cells and kill them. And, did you know that former president Reagan had cancer and secretly went to Germany for treatment? He went on to live for twenty years! So much more to be said for Alternative Treatments but not enough space to mention here! In this country by using the methods generally accepted by the medical community there is only a 2% cure rate whereas outside the country they are actually curing it!! This infuriates me and it should you also!

Posted On 03/08/2014

CEcmi2

You don't have to go to Germany. Read the book OUTSMART YOUR CANCER by Tanya Harter Pierce. I have 4 cancer treatment books, it's the most effective, easiest to use. There ARE a few cancers that do better with surgery and chemo along with natural treatments so please research. Some natural treatments can be used with conventional, but some cannot be used with conventional. Unless you have one of the FEW cancers that does well with conventional treatment, try proven effective natural treatments FIRST if possible, because having chemo first reduces your odds of natural treatments curing your cancer.

Raising the body temperature is one effective method you cannot do at home. There are clinics in Mexico and Germany that do it. It's called "Fever Therapy" a fever around 103 is induced each day (not 107 degrees, which would cause seizures and not necessary to kill cancer).

Do NOT use a sauna to raise your body temperature, it's dangerous and doesn't work. But FAR INFRARED SAUNAS properly used are effective to add to your treatment plan. Must be Far Infrared. Use the lowest possible temperature to break a sweat and keep sweating for 15 minutes while you dab the sweat off with a towel. Open the sauna door if you get too hot. Have someone check on you so you don't pass out in the sauna. Exercise first if you cannot break a sweat within 15 min. It's dangerous to be in a sauna more than 15 min without sweating because toxins and heavy metals get pulled and deposited in vital organs if they can't sweat out. Drink lots of water and replace electrolytes.

MOST cancer treatment in Germany is conventional. I read that currently there are 6 natural cancer clinics in Germany. Dr. Burzynski is practicing in TEXAS if they haven't driven him out. He is curing many but not all advanced "terminal" cancers. Some natural cancer clinics in Mexico are run by people who were driven out of the U.S. for competing with the cancer business.

Posted On 03/13/2014

Denise69

lol "yellow kitchen syndrome"

Posted On 03/02/2014

8taj30

I've had good luck cleaning turmeric stains by scrubbing with baking soda and water.

Posted On 03/02/2014

HealthyLoonatic

Why should it be used "along with chemo"??? For god's sake chemo is killing millions for only a bunch of thick fat wallets!!! What do you think to win by staying befriended with the devil?

Posted On 03/01/2014

drizzy

It's all about probabilities. As aggressive and awful as it is, Chemo often increases the probability of survival. Statistically, Steve Jobs had a far higher chance of surviving his Pancreatic cancer with a combined treatment of conventional and alternative medicine (near 100% survival rate for GEP-NET types of cancers), rather than alternative only. In his case, chemo wasn't even necessary - just a sharp knife in skilled hands. Of course, saying this on the Mercola site will garner a number of down votes. But the reality is that, statistically, chemo does increase net survival in many types of cancers, versus no chemo. It could be argued that the residual effects of chemo are not worth the benefits, and that would be an argument worth having. DZ, MD.

Posted On 03/02/2014

healthyeatn

Thanks for your input drizzy. Which cancers benefit from chemo?

Posted On 03/02/2014

drizzy

healthyeatn asks "Which cancers benefit from chemo?" The cancers showing the highest benefit from chemo are testicular and Hodgkin's, in the 30-40% success range. Other cancers respond poorly, with just 2-3% statistical improvement - with a number of cancers in between 10-20%. I echo the article's research, which shows that curcumin can "work synergistically with certain chemotherapy drugs, enhancing the elimination of cancer cells." It's all about statistics. If a certain cancer responds well to chemo, and curcumin and other alternative treatments have shown statistically effective, then the patient should seriously consider the entire gamut of treatment. If you feel otherwise, let's chat. Maybe you can change my mind.

Posted On 03/02/2014

kumarandar

yes it is true that turmeric can removed cancer. But Medical doctors will not tell you this. Doctors will be more happy to administer chemo. even they know it is dangerous to our cells. They insist, they prescribed, coz. If not do, they will lost their source of livelihood.

Posted On 03/02/2014

solvanzi

it is really tragic for us to depend solely on these Conventional medical practitioners. Only weak, and foolish people depend on them (MDs.) @drizzy. based on study, Steven jobs was died actually of chemotherapy. If his family opt for natural ways of treating him at that time, surely he is still with us.

Posted On 03/02/2014

Sarah222morrow

I think what the researchers are saying is that there may be times, as you say, when the cancer is advanced, and has to either be removed surgically or poisoned with chemotherapy (as horrible as that can be for the rest of the body), because it's just gone too far to be treated nutritionally. But I think the main hope is that nutrients like those in curcumin might, if taken proactively, help cancer from reaching that point, or from growing past a few cells in the first place.

Posted On 03/02/2014

ginnyn

drizzy - I'm a survivor of esophageal cancer. I had a six inch tumor in my esophagus that was almost into my stomach and I had five involved lymph nodes. I could not swallow. I had chemo, radiation and LOADS of alternative supplements with curcumin being one of them. I also went to Hippocrates Health Institute for three weeks so wheat grass juicing and implants were also part of my protocol. Edit: Coffee enemas...Pau D'arco tea...the list was long of the things I did and still do to treat this. The doctor said if I had not come in for treatment I would have lived about three more months. I didn't have the time to do only alternative. I aggressively treated it with all of the above. That was in 2010. I am cancer free now. I have to add that Dr. Mercola's suggestions and information helped me tremendously.

Posted On 03/02/2014

drizzy

ginnyn, awesome story. Congratulations. Agreed -- we need to take advantage of the ENTIRE gamut of statistically significant treatment, and Dr. Mercola is a leader in identifying the best alternatives.

Posted On 03/02/2014

rubylaverne

In 2008 when I had breast cancer, the oncologist ordered an Onko Gene Test. In the meantime, she tried to coerce me into a trial; saying most of my expenses would be paid. I discussed everything with my Alt Med Doctor, who said 'absolutely NOT, you and myself, will decide what is best for you, not some trial'. Unbeknownst to me, the oncologist had already received my Onko results. My test result was 12! Very, very low recurrence rate, and chemo NOT recommended. But, Dr R, the oncologist still wanted me to go thru chemo, just to become a statistic! I was incensed!

Posted On 03/02/2014

VonSchneider

rubylavern, and your survival (that was already expected) after their experimental chemo would have given their new drug a nice statistic. I'm sure you understand. Horrible and sick they are. But we should heed their advice?

Posted On 03/02/2014

gveurink

Curcumin is a powerful antioxidant, anti-inflammatory anti-cancer but it is also fantastic in Alzheimer's disease. The curcumin attaches to the plaques in the brain allowing them to be cleared. Kind regards. Dr. Gerald Veurink. www.naturels.com.au/reversing-alzheimers.html

Posted On 03/03/2014

meredith848

ok, boil it, then oil it, then put it with some yogurt to ferment,,,,that will increase bioavailability....and then you can dry and powder it...

Posted On 02/17/2014

OmarJosef

Then in a recent landmark publication in the peer-reviewed journal Molecular Aspects of Medicine, titled "Oxidative Stress in Health and Disease: The Therapeutic Potential of Nrf2 Activation" the researchers also compared 4 Nrf2 Activators (2 natural and 2 synthetic), and on page 6 of the PDF version of the full study one can see the exact same results and conclusions as in the previous publications presented in Amsterdam by the Biogen paid researcher. In this particular study the 3 disease states that were examined with these Nrf2 Activators were Colon Cancer, Cardiovascular Disease, and Alzheimer Disease.

The results were remarkable. Go to: www.sciencedirect.com/.../S0098299711000501 . Curcumin / tumeric alone is a Nrf2 Activator, but if this "gold spice of life" can be added to other effective Indian and Chinese ingredients used in Ayurvedic medicine for thousands of years and have an 18X fold increase in effectiveness at a low therapeutic safe dose why not do a closer examinations of the facts and let the science speak for itself. GreenMedInfo documents the winner of the last 2 studies as well. Why settle for the best when there is better?

Posted On 03/03/2014

Gardenbear

Thank you for the link to the article, it is very interesting and useful information that I would not have been aware of if you had not shared it.

Posted On 03/09/2014

13andy

The drug companies hate this. as they control the FDA. they send them after doctors who don't listen to the FDA. and practice killing people for the drug companies. GO TO A DOCTOR LIKE DR. I

Posted On 03/02/2014

montserrat0

A MILLION Thanks Dr Mercola. I love your advice and follow it whenever possible. You are the best.

monsie pickles ms

Posted On 05/12/2014

Sooraj

Thank you Dr Mercola for giving us this wonderful and most informative article, eventhough you had written about the benefits of curcumin earlier also. You had indicated that to get higher concentrations of curcumin, in solution, curcumin powder should be boiled with water. Our Ayurvedic practitioners advocate stirring curcumin powder with hot milk before drinking it. This would promote the solution of more curcumin in the fat content of milk and would enable the achievement of higher concentration of curcumin in milk. Further the curcuminised milk has a very pleasant taste too. Another method of application is to mix curcumin with butter and then warm it. This mix is also very tasty. I think that we could refine these procedures to make a very tasty and concentrated curcumin mix

Posted On 03/03/2014

13andy

Go to Dr. William LaVelley Before the Drug bandits and the FDA. try to shut him down .because the drug companies do not make any money off natural medicine . Love ANDREW Esq.

Posted On 03/02/2014

gregnstephenson

Each morning i first consume one cup of aloe vera jel,mixed w/one t-spoon of fresh tumeric,one t-spoon fresh minced garlic.Followed w/one cup coconut water. So far i'm cancer free at 68.

Posted On 03/01/2014

DebinSBCA

Sounds awesome, Greg but i hope you have a glass of wine in the evening - every noe & then. :)

Posted On 03/02/2014

Hdi68bd

What about turmeric during chemotherapy?

Posted On 02/11/2020

rdalchemy

I cured myself of stage 3 bladder cancer in less than 2 months using curcumin and other herbs, ketogenic diet and meditation. I used Meriva curcumin-approx. 21 capsules per day. I had the original biopsy and the next one showed it completely gone. It'll be two years in Sept.

Posted On 07/06/2018

lawrenanne

I believe that turmeric may have additional benefits that work in conjunction with curcumin. My horse had a fist-sized tumor (probably a fatty tumor, not cancer) on his throat. This was a rapidly-growing tumor which was beginning to interfere with his breathing. I fed him one tablespoon of turmeric-- no additional oils, no pepper-- daily for 2 or 3 months, by which time the tumor had shrunk to golfball-sized. I stopped the turmeric at that point; that was last year and the tumor has not gotten any bigger. So obviously the unadulterated turmeric was very effective, no concentration or additional ingredients necessary. Not to say that those things aren't good too, but don't dismiss turmeric alone.

Posted On 10/01/2016

robertwet

Curcumin in turmeric is one of many other herbal spices in making curry intergrated powder for people who like hot spicy foods, like curry chicken, curry meat, curry fish, curry vegetable, curry rice,etc. Those always take a lot of curry related hot spicy foods/meat/fish with rice/noodle will never get any sicknesses, including flu,especially in cold winter days. For treatments of various cancers and tumors, take turmeric-curcumin with curry powder and brocoli,cabbage, lady finger and some meat or fish to cook with some vegetable oil and add some white or black pepper with chilli to make it more spicy and tasty, then add in some salt and sugar with soya sauce(sweet or salty) to take with rice or noodle will be delicious for daily meals indeed!

These curry spices will always contain turmeric-curcumin to destroy cancer cells and reducing tumors for many types of carcinoma/sarnoma/tumor over a period of about 21-30 days for stage 2 cancers or 45-60 days for 3rd stage cancers, so long the patients take the curry powder with plenty of garlic, onion and ginger with chilli, with no negative side effect, so much better than chemotherapy and orthodox drugs in reality. Just try it and see the real results over the short period of time for most patients who believe in naturopathic and herbal alternative cancer treatments with a lots of varities of green teas, vegetables and fruits with spices of curry powder+ plenty of clean water after meals. You will never regret this better way of recovery from any sickness, including cancers, high blood pressure, diabetic, anemia, leukimia,nose and neck tumor,flu, immunity problems, etc.....

Posted On 10/25/2015

jnewmark44

The research on Curcumin is overwhelming. If you go to Google and type the word along with the other word "studies" or "clinical studies" you will see one study after another. This is revolutionary and doctors need to know. Write me for the studies. Dr Mercola has great products. ...

-John

Posted On 07/13/2014

theoldhag

@Integralhealth - the man did not bother, took taily Schwedenbitter on it, and after three days showed the doctor, who was stunned and could not believe it. The septic story and colour totally disappeared and the sewing had healed as well. This is Schwedenbitter. For anything. Skin blemishes, cuts and wounds, even when there is an outburst of pink eye around you. You just take two cotton pads, dab them with Schwedenbitter, lie down and put these onto your closed eyes until the pads have dried. Any sign of pink eye has disappeared. Thank you again for bringing up Schwedenbitter, a wonderful medicine.

Posted On 03/13/2014

anuragji

Turmeric is always used in our culture as a food spice and for dermal applications ,as an paste. Indians have been using this root vegetable for last 3000 yrs atleast. Correct way to get 100% of curcumin content is you have to boil it with water and some oil/milk /fat in two stages. Heat oil to lower than smoke point but at crackling temperature add turmeric and simmer in oil for 30 seconds (Temperature above 160 degree celsius...then add some water to make curry and boil for atleast 10 minutes more.....by adding dry spice and onion -garlic -ginger-tomato as we use in India , base curry is available for your puses legumes or vegetable or meat curry.

Posted On 03/09/2014

Gardenbear

Great article tysm for the information :) I add the turmeric to my soup recipes. This way it cooks for the time needed to make it more available.

Posted On 03/09/2014

AshleyChristopher

I have had pain in my upper left side for over two years and Doctors have never found anything. I started taking curcumin and I started to feel better within a week. Pain resided and energy increased.

Posted On 03/06/2014

OmarJosef

There is so much talk about Curcumin, but what if Curcumin was combined with 4 other natural herbal ingredients and together at just the right ratio and at a low therapeutic dose that created an increase of 1800% in their effectiveness. Go to www.Nrf2.com for more research being conducted in this new field of study called nutrigenomics. The Conclusion of a study conducted at the University of Texas Health Science Center in San Antonio, stated that "Nrf2 is a "Guardian of Healthspan and a Gatekeeper of Species Longevity." Nrf2 Activation is one of the main Keys to our future health and wellness. See link: www.nrf2.com/article-review-nrf2-guardian-healthspan-gatekeeper-specie.. .

Then there was a study presented at the 5th Joint Triennial Congress of the European and Americas Committees for the Treatment and Research of Multiple Sclerosis in Amsterdam, The Netherlands in Oct 2011. The Objective of the study among other things was to "investigate the potential of different Nrf2 Activators" to see which one would boost the antioxidant enzyme expression in important oligodendrocytes and protect them for Reactive Oxygen Species. Then look at the Results and Conclusion section of the abstract and see which Nrf2 showed the most potent induction or increased antioxidant enzyme production on the cells being studied. The paper was presented by Dr. J. van Horsen who received a grant from Biogen Idec. Go to:registration.akm.ch/einsicht.php?XNABSTRACT_ID=137548&XNSPRACHE_ID.. .

Posted On 03/03/2014

herbsbygeorge

Excellent article. The bioavailability of turmeric and its compounds can be greatly increased by adding some freshly ground black pepper and some E.V. olive oil. A little bit of natural honey will make the taste more acceptable to many.

Posted On 03/02/2014

posy

fyi--Dr. Blaylock (brain doctor) says to mix olive oil in the curcumin for absorption and I saw it in Super Supplements with the pepper added for absorption.

Posted On 03/02/2014

Joycie

All this sounds great, and I'd love to try it. But how does this work when you have acid reflux, and a burning in your throat quite often. I'm not sure that Turmeric would work for me, as much as I would love to use it. Any suggestions.

Posted On 03/02/2014

dogfangtoo

Have you tried ACV (Bragg ACV is best)? Splash some in a glass and drink it down with water before your meals. You can just do it first thing in the morning and then before the evening meal. It helps me with the indigestion.

Posted On 03/02/2014

smalldar560

Hi, I had really bad acid reflux for quite some time, ended up in the emergency room and the drugs they gave me almost killed me. I had a severe reaction and was hospitalized overnight. They sent me home with medication that did not help. Then I did research to heal myself. This is what I did.

Stopped drinking coffee, alcohol and sodas. Stopped eating pastas and processed foods. Took dr. Mercola probiotics daily (at night) Every morning when I woke up, squeezed half a lemon in 8 oz. of water (room temperature) and drank it quickly. In 2 weeks my acid reflux was gone. That was 6 years ago. Once in a while when I feel it a little, I cut back on certain foods for a week, then I'll be okay for a long time. It's like a bad inflammation in the esophagus that needs time to heal. I can now drink coffee and wine with no problems.

Posted On 03/03/2014

tryingtobenlighted

You should take enzymes at the start of your meal and more importantly take HCL at the end of your meal. If you don't get results (no acid reflux) you need to increase the HCL. Try it-its very cheap and it works!

Posted On 03/09/2014

rubylaverne

I feel this is one of Dr M's best article. So much information, and so much detail. 'Yellow Kitchen' syndrome! I would have never known. Thanks!!!

Posted On 03/02/2014

Shasha

No gluten/dairy/soy/sugar...vitamins/good oils...LDN..Vit D3, Vit C, fish oil, zinc and more may help the immune system. Gluten is wheat/barley/rye...oats. GMO food...corn/soy/canola oil and more may also hurt. Hidden gluten is in many things...shampoo etc...nuts not in a shell..meat basting. This may prevent/help cancer.

Posted On 03/02/2014

rrealrose

I cannot imagine why anyone would neg this comment,so I fixed it. As the above interview includes mention of a ketogenic diet, very similar to that required by anyone dealing with gluten sensitivity. Funny relationship there? What is needed for most health reversals is to switch to a low carb diet with high levels of good fats.

Posted On 03/02/2014

Shasha

Thanks for your awesome validations/help! People may not realize the harm gluten can do...less nutrients absorbed..then pH goes down and less oxygen in cells and cells aren't made right to work right. Turmeric may help inflammation, but Celiac help may help stop the cause. Celiac people may not detox right..so heavy metals may build up in the liver and chemical pollution may harm. GMO corn may hurt the gut lining like gluten (wheat/barley/rye...oats.) There are many things people try...coconut oil/apple cider vinegar etc to try to still eat gluten..but not eating it may help the most. Thanks for your kind support!

Posted On 03/02/2014

marie-france

It would be interesting to compare the incidence of cancer in India with the incidence of cancer in Western societies who do not eat curry based foods. Indians eat curry round the clock 24/7.

Posted On 03/02/2014

rrealrose

Really in India? Google the "Cancer Trains in India" as certain provinces are suffering mightily from the mindless use of pesticides and herbicides on small, family farming plots.

Posted On 03/02/2014

Jimbo24

Has anyone ever tried using DMSO with curcumin or turmeric?

Posted On 03/02/2014

Shasha

DMSO turns into MSM...and organic sulfur works even better. Detoxing...I do at night far from food or things I don't want to detox from me.

Posted On 03/02/2014

instinct

oooh I could see using a little DMSO in the turmeric/coconut oil ointment. This would work well for doggy skin cancer. DMSO is also a solvent. Need good DMSO, though. I lot of crap out there. Nature's Gift is seems good and THE dude in Oregon Dr. Stanley Jacobs stuff is good.

Posted On 03/02/2014

jeanpet

Maxxjet, This company, bioinnovations.net, I have a problem with. They do not post their "other" ingredients on their supplement facts label. Could contain flow agents, etc.

Posted On 03/02/2014

interestedone

chinese medicine mentioned at start of article - "soul masters movie" a few years old also mentions herbs (including fire massage) - of interest on the chinese medicine herbs topic

Posted On 03/02/2014

lolita4

I am 30 and I just start to really care about my general wellbeing (stress, food.). Should I start using curcumin as a future prevention or is it too early? Thank you for your help.

Posted On 03/02/2014

MelleA

Good for you to start taking care of yourself at 30. I was about your age when I discovered how much better I felt on a wheat and dairy free diet and soon after, went to massage school and got more into alternative health care. I am in much better shape than a lot of people I know in their fifties. Some cancers grow slowly and I'm sure what ended my first husband's life (died of pancreatic cancer in his mid-50s) was due in part to his high sugar diet.

He considered himself healthy and a vegetarian but he mostly ate fruit, pastas, pizza, lots of PB&J sandwiches and a couple sodas per day. He wouldn't let me cook for him and that diet drove me crazy. I was a vegetarian too but ate more macrobiotically. I started adding meat to my diet in my mid-30s and about 10 years later found out I was borderline low in B12 and D3 (I thought I had MS due to the symptoms). It's not too early to get a physical, keep on top of your vitamin levels, exercise and enjoy life. So, yes, add curcumin to your diet now and here's to a healthy future!

Posted On 03/02/2014

8taj30

lolita4, another option for you is to increase turmeric in your diet. Add to soups, eggs, salad dressings etc. Rather than concentrating on extracted curcumin, you'll receive the many documented health benefits of turmeric. www.greenmedinfo.com/blog/600-reasons-turmeric-may-be-worlds-most-impo.. Think of curcumin as a cancer treatment and turmeric as prevention.

Posted On 03/02/2014
