

## Guillermou

According to the National Center for Health Statistics, cancer was the culprit of nearly 600,000 deaths in 2016 in the US. As Dr. Mercola advises, curcumin has a variety of pharmacological effects such as antioxidant, anti-cancer, anti-inflammatory, and anti-microbial activities. The anticancer effects of curcumin are due to the orientation of a wide range of cellular and molecular pathways involved in the pathogenesis of cancer including NF-kB, MAPK, PTEN, P53, and the microRNA network (miRNA). The regulation of miRNAs promotes the exosomes released by stem cells that induce anti-cancer properties in recipient cells and reduce tumor growth. MicroRNA: A novel target of curcumin in cancer therapy (2018) [onlinelibrary.wiley.com/.../jcp.26055](https://onlinelibrary.wiley.com/doi/10.1111/jcp.26055) (2018) [www.worldscientific.com/.../S0192415X18500714](https://www.worldscientific.com/doi/10.1186/S0192415X18500714)

In this review, the dose at which these phytochemicals causes an in vitro and in vivo response of a multitude of cellular signaling pathways, highlighting the Nrf2 pathway with antioxidant action, anti-inflammation, epigenetics, cytoprotection, differentiation and inhibition of the increase. While the dose response varies between different experimental designs, the chemopreventive efficacy seems to remain and demonstrate the therapeutic potential of triterpenoids, isothiocyanates, and curcumin in the prevention of cancer and in health in general. In Vitro-In Vivo Dose Response of Ursolic Acid, Sulforaphane, PEITC, and Curcumin in Cancer Prevention (2018) [link.springer.com/.../s12248-017-0177-2](https://link.springer.com/doi/10.1007/s12248-017-0177-2)

Curcumin inhibits angiogenesis in a wide variety of tumor cells through the modulation of various cellular signaling pathways that involve transcription factors, protein kinases, growth factors and enzymes Anti-angiogenic activity of curcumin in cancer therapy: a narrative review. (2018) [europepmc.org/.../29424316](https://europepmc.org/doi/10.1007/978-94-007-2942-4_16)

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Many aggressive cancers, including breast cancer, were reported to escape from killer NK cells in a tumor microenvironment. Curcumin had an immunestimulatory effect of NK-92 by increasing the surface expression of CD16 + and CD56 associated with the activation of STAT4 and STAT5 proteins. (2018) [www.paperarch.net/.../article.asp](http://www.paperarch.net/.../article.asp)

Curcumin inhibits cancer cells by inducing cell cycle and apoptosis and shows maximal inhibitory concentration for breast cancer cell lines that express the hormone receptor ER, and sensitizes cell lines to anti-cancer drugs. In addition, curcumin inhibits the proliferation of breast cancer stem cell, an important factor that influences the recurrence of cancer.

Anticancer effect of curcumin on breast cancer and stem cells (2018)

[www.sciencedirect.com/.../S2213453018300533](http://www.sciencedirect.com/.../S2213453018300533)

The continuous activation of this signaling pathway in intestinal stem cells due to somatic mutations is a characteristic of most colorectal cancers. Recently, it has been shown that curcumin and its analogs decrease the risk of colorectal tumor recurrence by targeting colorectal cancer stem cells and in particular by the Wnt /  $\beta$ -catenin molecular pathway. Curcumin suppresses colorectal cancer progression through down-regulation of Wnt signaling in cancer stem cells (2018)

[bccr.tums.ac.ir/.../262](http://bccr.tums.ac.ir/.../262)

The effectiveness of curcumin against cancer and other chronic and degenerative diseases is mediated at the cellular level, by the inhibition of stress and inflammation, avoiding damage to DNA and energy-producing structures within the mitochondria, where energy is managed cell phone.

[www.sciencedirect.com/.../S0166432814003714](http://www.sciencedirect.com/.../S0166432814003714)

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It also has beneficial effects on improved neurogenesis, mitochondrial respiration may be the normalized basis for better functioning of memory and mood. Curcumin reverses the effects of chronic stress on behavior, the HPA axis, BDNF expression and phosphorylation of CREB (2018) [www.sciencedirect.com/.../S0889159118300096](http://www.sciencedirect.com/.../S0889159118300096) [www.ncbi.nlm.nih.gov/.../17022948](http://www.ncbi.nlm.nih.gov/.../17022948)

Curcumin has been shown to restore the balance of cortisol and adrenal glands to their normal function, and to normalize the behaviors of animals. Curcumin can prevent the death of brain cells and promote new connections of brain cells, which are damaged by chronic stress. [pdfs.semanticscholar.org/1b6c/172b4c0f0d71301e723b80c14351fc71ad79.pdf](https://pdfs.semanticscholar.org/1b6c/172b4c0f0d71301e723b80c14351fc71ad79.pdf)

A meta-analysis and several studies on the improvement of depression symptoms (sleep disorders, fatigue, concentration, weight changes, anxiety) in adults with depressive disorder [www.sciencedirect.com/.../S0165032714003620](http://www.sciencedirect.com/.../S0165032714003620) (2018) [www.sciencedirect.com/.../S1525861016306752](http://www.sciencedirect.com/.../S1525861016306752)

(2018) [link.springer.com/.../s12640-017-9860-4](http://link.springer.com/.../s12640-017-9860-4)

In this review the nutraceuticals containing curcumin can exert related systemic antioxidant actions in inflammatory conditions such as diseases related to arthritis and inflammatory bowel disease, the reduction of lipid levels and cardiovascular risk factors, as well as in diseases of the skin. (2018) [www.sciencedirect.com/science/article/abs/pii/S1043661818306182](http://www.sciencedirect.com/science/article/abs/pii/S1043661818306182)

Curcumin reduces fibrinogen has antiproliferative and photosensitizing properties and is used in proliferative diseases such as psoriasis, as reducing plasma fibrinogen and the Apolipoprotein B / Apolipoprotein A-I ratio, without altering other coagulation parameters. Spice Lowers Biomarker of Aging and Important Cardiovascular Risk actor [warddeanmd.com/turmeric-reverses-fibrinogen](http://warddeanmd.com/turmeric-reverses-fibrinogen)

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The metal chelation capacity of curcumin for the metal ions  $Mn^{2+}$ ,  $Fe^{2+}$  and  $Zn^{2+}$  and their antioxidant properties allows a more reactive antioxidant effect for metal complexes than isolated curcumin and can be used in chelation therapy for cure of Alzheimer's disease. Metal chelating ability and antioxidant properties of Curcumin-metal complexes [www.ncbi.nlm.nih.gov/.../29127853](http://www.ncbi.nlm.nih.gov/.../29127853)

Turmeric more effective than these 7 medications without their inconveniences.

1. Atorvastatin Curcuminoids have an effect in endothelial dysfunction, pathology that leads to atherosclerosis. [onlinelibrary.wiley.com/.../full](http://onlinelibrary.wiley.com/.../full)

2. Corticosteroid drugs In the treatment of inflammatory eye disease. [www.ncbi.nlm.nih.gov/.../10404539](http://www.ncbi.nlm.nih.gov/.../10404539) In addition, similar benefits were also found, for other inflammatory conditions treated with steroids [www.ncbi.nlm.nih.gov/.../18327875](http://www.ncbi.nlm.nih.gov/.../18327875)

3. Antidepressant medications Curcumin, its most powerful antioxidant, makes it an alternative to alleviate depressive behavior, with the advantage of not causing harm to health. [www.hindawi.com/.../abs](http://www.hindawi.com/.../abs)

4. Blood thinner It has effects similar to those of aspirin, the preferred medication to thin the blood. [www.koreascience.or.kr/article/ArticleFullRecord.jsp?cn=E1MBB7\\_2012\\_v4..](http://www.koreascience.or.kr/article/ArticleFullRecord.jsp?cn=E1MBB7_2012_v4..)

5. Anti-inflammatory drugs Studies show that it has powerful anti-inflammatory and antiproliferative properties, such as those that produce drugs such as aspirin, ibuprofen, etc. [farmacia.ugr.es/.../197.pdf](http://farmacia.ugr.es/.../197.pdf)

6. Chemotherapy drugs Several studies have shown that curcumin works the same or better than oxaliplatin. [mct.aacrjournals.org/.../1276.full](http://mct.aacrjournals.org/.../1276.full)

7. Drugs for diabetes A publication in the journal Biochemistry and Biophysical Research Community, revealed that its consumption works up to 100 000 times better, than metformin in the absorption of glucose. [www.ncbi.nlm.nih.gov/.../19665995](http://www.ncbi.nlm.nih.gov/.../19665995)

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## Luvvy

Hi Gui, Good timing and posting on this informative article. I realize now how much I need the help of curcumin. I have chronic stress, and can feel my brain cells dying off. I also use a cel phone and wifi, and live in the city and ..

There is so much good information here. Curcumin for cancer, and another prevalent disorder, depression. From one of your links about its use as an antidepressant. "Though the antidepressant effect of curcumin is not fully understood, it is hypothesized to act through inhibiting the .. enzyme and modulating the release of serotonin and dopamine.. Curcumin enhances neurogenesis. The use of curcumin in clinics for the treatment of major depression is limited due to - poor gastrointestinal absorption."

Makes sense that in order for it to work its magic it has to get into our systems. Further to your mention of black pepper below. "By taking just a quarter teaspoon's worth of black pepper you will see curcumin levels skyrocket. The same amount of curcumin consumed, but the bioavailability shoots up 2000%. Even just a little pinch of pepper—1/20th of a teaspoon—can significantly boost levels." Then you add on some coconut or olive oil as Dr. M. suggests and enjoy the benefits.

[nutritionfacts.org/2015/02/05/Why-Pepper-Boosts-Turmeric-Blood-Levels/](http://nutritionfacts.org/2015/02/05/Why-Pepper-Boosts-Turmeric-Blood-Levels/)

[pdfs.semanticscholar.org/1b6c/172b4c0f0d71301e723b80c14351fc71ad79.pdf](https://pdfs.semanticscholar.org/1b6c/172b4c0f0d71301e723b80c14351fc71ad79.pdf) --- Curcumin Can Prevent the Death of Brain Cells

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Dear Luvvvy, my esteem and gratitude for the aspects that you have highlighted in my publication and for the excellent link on the availability of curcumin with black pepper. It is not surprising that the chronic stress that you are suffering, for the months of suffering caused by the serious illness of your husband.

The psychological effect of stress induces a series of changes of the different hormones related to stress, which are responsible for these physical alterations. As you know, the responses to stress are regulated by the neuroendocrine system, which is activated by stressful situations, accelerating the functioning of the adrenal glands and causing a series of chain reaction in which the different hormones, the main one being the cortisol, which can cause mood swings, fatigue, headaches, heart palpitations, hypertension, etc.

Other most important hormones involved are the levels of prolactin, which inhibits the release of hypothalamic hormones responsible for the synthesis of estrogens, causing menstrual changes. When a woman is subjected to stressful situations for a long time, the production of progesterone decreases, causing effects such as extreme fatigue, weight gain, headaches and alterations in mood. Adrenal fatigue is the result of stress that you have endured for many months

In Dr. Mercola's report and in my publication highlights the brain benefits of curcumin. Some other article on the benefit for brain neurogenesis: as Dr. Mercola has reported, the process of neurogenesis is controlled by our DNA and specific gene codes for the production of neurotropic factor (BDNF) derived from the brain, in the creation of new neurons. Factors in our DNA gene to produce BDNF factors, include physical exercise, caloric restriction, curcumin, omega-3 fat and DHA. Neurogenesis: How to Change Your Brain (2017) [www.huffingtonpost.com/dr-david-perlmutter-md/neurogenesis-what-it-means](http://www.huffingtonpost.com/dr-david-perlmutter-md/neurogenesis-what-it-means).

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Curcumin stimulates the proliferation of neural stem cells, through the inhibition of mRNA expressions, through the synergistic effect of the expression of glucocorticoid receptor (GR), signal transducer and activation of transcription 3 (STAT3) and its pathways. signaling Low-dose curcumin stimulates proliferation of rat embryonic neural stem cells through glucocorticoid receptor and STAT3 (2018) [onlinelibrary.wiley.com/.../cns.12843](https://onlinelibrary.wiley.com/.../cns.12843)

As you know Dr. Mercola has treated adrenal fatigue extensively. Also this guide and another link that provides information about this frequent pathology in our western society and its treatment, where curcumin is also advised. [search.mercola.com/results.aspx?q=adrenal%20fatigue%20Mercola#stq=adre..](https://search.mercola.com/results.aspx?q=adrenal%20fatigue%20Mercola#stq=adre..)

A Guide to Adrenal Recovery [doctordoni.com/pdfs/Dr-Doni-Wilson\\_A-Guide-to-Adrenal-Recovery.pdf](https://doctordoni.com/pdfs/Dr-Doni-Wilson_A-Guide-to-Adrenal-Recovery.pdf)

15 Ways To Heal Adrenal Fatigue Naturally [www.mindbodygreen.com/0-24356/15-ways-to-heal-adrenal-fatigue-naturall..](https://www.mindbodygreen.com/0-24356/15-ways-to-heal-adrenal-fatigue-naturall..)

Chronic stress induces a down regulation of brain-derived neurotrophic factor (BDNF) and CREB levels in the hippocampus and frontal cortex, which were blocked by curcumin, which may be related to its modulatory effects on the HPA axis and the neurotrophin. Curcumin reverses the effects of chronic stress on behavior, the HPA axis, BDNF expression and phosphorylation of CREB. [www.ncbi.nlm.nih.gov/.../17022948](https://www.ncbi.nlm.nih.gov/.../17022948)

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## Luvvy

Thank you and Right Gui, my grief is stressing me. I am broken, but I want to heal. As I am receiving your kind and excellent reply re stress, and Curcumin, I feel optimistic that I am on the right path here. "The heart knows today what the head will understand tomorrow." (James Stephens)

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## Randyfast

Since I've had another post deleted, this will be my last. You know what you can do with your CENSORSHIP! I'm referring to the person who deleted my post - not Gui!

Posted On 09/17/2018

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## Sue12Cross

I've been growing turmeric for several years here in North West France. I start the rhizomes indoors and in water, which is not usually recommended but I have found it gives them the necessary jump-start for a cold climate. In May I plant them out and I bring them in in mid Autumn/Fall. I do not harvest the whole plant but just dig down into the planter and break off as much as I need, when I need it. This way I have the mother plants to continue from year to year. If anyone is interested I wrote up my experiences growing turmeric here: [simplyorganicrecipes.blogspot.com/2015/10/how-to-grow-your-own-organic..](http://simplyorganicrecipes.blogspot.com/2015/10/how-to-grow-your-own-organic..) and there are also films taking you through the whole process to harvest. As part of the growing 'trial', I also experimented with rhizomes from different countries to find which acclimatised more readily to its new environment. You can actually ignore zoning if you start with seeds and corms and are careful when over-wintering.

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## get\_up\_and\_move

Thank you so much Sue12Cross for this valuable information. I am an avid gardener in Northwest Pennsylvania and I am eager to try starting some turmeric rhizomes indoors this winter. Where do you get the mother rhizomes?

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## RaajSingha

Yes, by not harvesting the whole produce at a time you must be getting better and more mature rhizomes the next time. The roots that are thicker and have a dark orange or almost a red hue inside are those which were not harvested in the first season. The roots are allowed to mature for another year to get that beautiful rich dark colour. Thank you very much Sue for those interesting videos.

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Very good information, Sue. In this article, Dr. Mercola also includes a video of the cultivation of turmeric by its roots. At the supermarket. Root cuttings have small "growing shoots", which look like nodules. The instructions are indicated by steps. Growing Turmeric Is Easier Than You Think [articles.mercola.com/sites/articles/archive/2017/10/27/growing-turmeri..](http://articles.mercola.com/sites/articles/archive/2017/10/27/growing-turmeri..)

Turmeric Growing Zones. "Turmeric is a tropical summer plant, needing heat and moisture, temperatures between 20 and 30 °C (68–86 °F). The plant will die in the winter. The plant can grow anywhere in summer. It can grow in USDA Zones 7b - 10b. The plants can not tolerate climate colder than 18°C. As a matter of fact, turmeric can grow in any zones if the roots do not freeze like south Florida where it can grow outside even in winter. In Australia, turmeric plant can be grown in Sydney and other cities in summer". Growing organically the turmeric in pots in the garden of your home is not difficult to use a turmeric root if you follow and growing information of turmeric are indicated in this link:

Growing Turmeric in Pots : How To Grow Turmeric [www.mykitchengarden.info/.../growing-turmeric.html](http://www.mykitchengarden.info/.../growing-turmeric.html)

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## **Sue12Cross**

Hi get\_up\_and\_move - Thank you for your kind words! I bought my original rhizomes from my local organic shop but later, basically because no one here was really eating turmeric (they are now!) a load of rhizomes ended up in the boxes of debris I get from the same shop for my chickens. So I planted them too.

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## **Sue12Cross**

Hi RaajSingha, Thank you so much for that information - I had noticed the colour changes in the turmeric, the rich reds are incredible and as I like making rice dishes with coconut oil and turmeric, we get some very colourful meals! I am so happy you enjoyed my videos!

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## **badboy2**

About 5 years ago I had a small piece of ginger left over from cooking. I wasn't using it and it was starting to die in the fridge. I was thinking of just throwing it away, but i ended up putting it into a round plastic pot that already had dirt in it.

I bring the pot inside during winter and put it outside in semi shade in the Spring. Today it is a monster that has actually changed the shape of the pot to oval. It may seem silly but it has become more of a friend than a food to cook, so I still buy more at the market when I need ginger. Au revoir!

Posted On 09/17/2018

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## Sue12Cross

Hi there badboy2, I can understand that. There is also a possibility that one day it may flower and that will be fantastic. I plant everything in the hope that it may survive, I get so much stuff from the organic shop for the chickens that is half dead but there is always hope. I have ten pineapples at various stages of growth here in Normandie and also edible passionflowers, goji and sweet potatoes and yes ginger but nothing so magnificent as your plant. Bonsoir from la baie de Mont Saint Michel where it has been 28 deg C today so the turmeric is loving this Indian Summer.

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## queenoftheworld

Curcumin helped save my life. In January I began treatment for an oddball brain cancer. About 1,500 people a year diagnosed with this type (PCNSL). There's never going to be much research, so I was on my own. My dr said no supplements, but my research said otherwise. For chemo I lived in the hospital every other week. Took curcumin multiple times every day, both in and out of the hospital and never told medical staff. Hospitals aren't prisons, and curcumin is food.

Here's what happened: I never got sick from chemo, the crash cart with a nurse at my side every time for one of the chemo never needed, my immune system never dropped. And the cancer is gone. This is not typical. Did a lot of other wellness stuff too, but believe that curcumin was key.

Curcumin does all as above in the article, plus increases Natural Killer cells, NK cells. Increasing NK cells is the newest upcoming immunotherapy for cancer. The new immunotherapy is expected to have better outcomes than current immunotherapy CAR-T. And this breakthrough immunotherapy is already available from curcumin.

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## datadragon

Hundreds of studies have pointed to the role of galectins in cancer development over the years, the most recent have shown galectin-3 as a key player in the growth and spread of cancer within the body and regulation of apoptosis and fine tuning of the inflammation response by galectin 3. All multi-cellular organisms have built in mechanisms for selectively killing their own cells. The cell death that occurs in multi-cellular organisms is called programmed cell death or apoptosis.

[web.archive.org/web/20140724151825/http://home.netcom.com/~sdkelley/si..](http://web.archive.org/web/20140724151825/http://home.netcom.com/~sdkelley/si..)

[www.ncbi.nlm.nih.gov/.../PMC3616377](http://www.ncbi.nlm.nih.gov/.../PMC3616377) - Galectin 3 as the target!

Cucurmin is an inhibitor of galectin 3: [www.ftb.com.hr/archives/96-volume-40-issue-no-4/663-curcumin-a-potent-..](http://www.ftb.com.hr/archives/96-volume-40-issue-no-4/663-curcumin-a-potent-..) How curcumin works on a atomic level: [cancer.news/2018-09-11-curcumin-works-against-cancer-at-an-atomic-leve..](http://cancer.news/2018-09-11-curcumin-works-against-cancer-at-an-atomic-leve..)

Curcumin does lower iron ferritin stores, zinc, and manganese as gui already linked, high dose ongoing may have adverse effects due to this.

Nigella Sativa is reducing galectin 3 levels which is why it has effect on cancer.

[www.new.asmr.eg.net/article.asp?issn=1687-4293;year=2017;volume=12;iss..](http://www.new.asmr.eg.net/article.asp?issn=1687-4293;year=2017;volume=12;iss..)

Pectasol C (Modified Citrus Pectin as mentioned is another one that lowers galectin3 Spices for treatment of cancer: [www.ncbi.nlm.nih.gov/.../PMC4997408](http://www.ncbi.nlm.nih.gov/.../PMC4997408)

There is interaction between galectin-3 and insulin-like growth factor (IGF)-1 it seems, leading to downregulation of IGF-1 I was going to look into. There are many benefits of increasing IGF1 as well normally and is a balance, its bad too have too low IGF1, but there is a point in increasing where cell proliferation can become too high and you can develop cancer and these are ways to inhibit that so far, and potentially all the other things that lower IGF1 as well may lead to the same result

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Interesting DATA. Spices with proven anticancer effects in animal models of cancer include turmeric (curcumin), garlic, ginger and black cumin. These spices showed chemopreventive effects against cancers of the skin, stomach, pancreas, liver, colon, and oral cancer in experimental models.

Bioactives of these spices reduce oxidative stress by decreasing free radical concentration, prevent cell division and promote apoptosis in cancer cells. In addition, they regulate inflammation and immunocompetence, contributing to the prevention of cancer.

Antimutagenic and cancer preventive potential of culinary spices and their bioactive compounds (2017) [www.sciencedirect.com/.../S2213434417300270](http://www.sciencedirect.com/.../S2213434417300270)

In this link there are many studies of the potential turmeric and curcumin in chronic and degenerative diseases. Turmeric is used as a spice in many Asian countries, traditional Chinese medicine and Indian Ayurvedic medicine and almost 1 billion people worldwide use it daily as a spice. Rhizomes of *C. longa* are used as stomach, stimulant, and blood purifier, and to treat liver diseases, biliary disorders, arthritic, muscular disorders, common cold, bronchitis and asthma. Curcumin has demonstrated a series of pharmacological activities that include antioxidant, antineoplastic, antiviral, anti-inflammatory, antibacterial, antifungal, antidiabetic, anticoagulant, cardiovascular protection, hepatoprotective, immunostimulant activity, have activity against *H. pylori* in vitro. It also has a potential to reduce the risk of several malignancies, arthritis, Alzheimer's disease, and other chronic diseases, including rheumatoid arthritis. Studies have shown that curcumin, the main phenolic compound present in turmeric, is particularly effective in reducing the risk of colon, skin, breast, colon, oral, and intestinal cancer and has excellent antioxidant and anti-inflammatory properties. . (2018) [www.sciencedirect.com/.../turmeric](http://www.sciencedirect.com/.../turmeric)

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## Guillermou

Regarding research on turmeric, curcumin and cancer, more than 2,000 published studies have shown curcumin fights cancer of the breast, prostate, liver, colon, lung, pancreas and more

Curcumin is able to: 1. Inhibit COX-2, an enzyme that causes negative inflammation, which can lead to cancer. 2. Prevent the growth of vascular epithelium to deprive cancer cells of their source of oxygen and fuel. 3. Induce tumor suppressor genes. 4. Stop the metastasis, 5. Prevent the regrowth of cancer stem cells.

Specific aspects include: the hepatoprotective effects through the induction of MMP-13 and the inhibition of TGF-alpha, as well as anti-apoptotic / anti-necrotic mechanisms. Inhibition of the signal transducer and activator of the Stat3 transcription pathway. Curcumin also has synergistic effects with isoflavones, which suppress the production of prostate-specific antigen

In breast cancer show that curcumin can inhibit the apoptosis induced by chemotherapy by inhibiting the c-Jun NH2-terminal kinase pathway. Apoptosis in human colon cancer cells independently of the expression of p21. The binding and activation of the vitamin D receptor (VDR), thus protecting the small intestine and colon where the VDR are expressed and it is known that vitamin D fulfills an anti-cancer function. Curcumin also inhibited the growth of uterine leiomyosarcoma cells by targeting the AKT-mTOR pathway (RAC-alpha serine-threonine-protein kinase, mTOR.) Other aspects contemplated in my publication. [thetruthaboutcancer.com/cancer-fighting-benefits-of-curcumin](http://thetruthaboutcancer.com/cancer-fighting-benefits-of-curcumin)  
[thetruthaboutcancer.com/benefits-turmeric-cancer-treatment](http://thetruthaboutcancer.com/benefits-turmeric-cancer-treatment) (2018) [www.mskcc.org/.../turmeric](http://www.mskcc.org/.../turmeric)

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## **datadragon**

Peanuts apparently are being shown to increase metastasis (spread) promotion of cancer by mimicking the actions of galectin-3. [academic.oup.com/.../336118](http://academic.oup.com/.../336118)

This study demonstrated that aldosterone could induce galectin-3 secretion in vitro and in vivo (which occurs as part of the stress response so stressors including our EMFs (oxidative stress) increase galectin-3) [www.ncbi.nlm.nih.gov/.../PMC4152338](http://www.ncbi.nlm.nih.gov/.../PMC4152338)

Galectin-3 (Gal-3) regulates basic cellular functions such as cell–cell and cell–matrix interactions, growth, proliferation, differentiation, and inflammation. It is not surprising, therefore, that this protein is involved in the pathogenesis of many relevant human diseases, including cancer, fibrosis, chronic inflammation and scarring affecting many different tissues. The papers published in the literature have progressively increased in number during the last decades, testifying the great interest given to this protein by numerous researchers involved in many different clinical contexts. Considering the crucial role exerted by Gal-3 in many different clinical conditions, Gal-3 is emerging as a new diagnostic, prognostic biomarker and as a new promising therapeutic target. The current review aims to extensively examine the studies published so far on the role of Gal-3 in all the clinical conditions and diseases, listed in alphabetical order, where it was analyzed [www.mdpi.com/.../379](http://www.mdpi.com/.../379)

Galectin-3 (Gal-3) is an important regulator of fibrosis that links chronic inflammation to fibrogenesis. [www.new.asmr.eg.net/article.asp?issn=1687-4293;year=2017;volume=12;iss..](http://www.new.asmr.eg.net/article.asp?issn=1687-4293;year=2017;volume=12;iss..)

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## **Nuno84**

"Nearly 40 percent of American men and women will be diagnosed with cancer in their lifetime and over \$125 billion is spent annually on medical treatment and patient care"

It is better than oil... why work on solving it? What a mega-profitable business it is!

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**stanleybecker**

yes Nuno - "there's no business like the CANCER business" - so the song goes

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**bunjelly**

You are correct, Nuno.

And as Stanley says "there's no business like the CANCER business" in which there is the policy of "There is no long term profitability in curing anything"! The real money lies in the ongoing, somewhat ineffectual "treatment industry" coupled with an industry wide condemnation of whistle-blowers such as Dr. Mercola and other fine practitioners that are more interested in sharing the truth in order to help their fellow travelers on this spinning rock.

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## RaajSingha

Apart from capsule and dry turmeric powder, curcumin can be obtained from fresh roots. The whole natural form of turmeric must have special properties. There is more to turmeric besides curcumin alone, there are other curcuminoids, oil (Some 34 essential oils are present in turmeric, among which turmerone, germacrone, atlantone, and zingiberene are major constituents-Wiki). Nature made Turmeric with its own formula that makes it bio available naturally. [www.turmericforhealth.com/turmeric-queries/7-reasons-why-raw-turmeric-..](http://www.turmericforhealth.com/turmeric-queries/7-reasons-why-raw-turmeric-..)

I think now it is also grown in the US. Here fresh roots cost Rs. 20 (30 cents) a Kg. Throw a fresh root (3-4 inches long) on a moist loose soil in a shady or sunny spot and forget it. In about a month and half you should observe the slender leaves directly sprouting from the rhizome without stem.

The leaves have an aroma different from the roots. Here in this part, small tiny fishes together with a little salt and fresh tender turmeric leaves finely chopped is wrapped in broad turmeric leaf and lightly roasted on wood fire and savored occasionally.

Posted On 09/16/2018

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## doubly.blessed

Yesterday's Topic – The Truth About Vaccines

I got home late last night and discovered the subject was vaccines hence today's post.

If anyone wants the complete 7 volume DVD set of The Truth About Vaccines along with complete transcripts of the 7 episodes (running now) email me with your address.

I was given a box of the tapes/transcripts.

Shalom from CA

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**stanleybecker**

I love turmeric liberally sprinkled on my farm eggs with Himalayan salt and cracked pepper - sunny side up with farm butter - runny yolk - the better the eggs the better it tastes - turmeric has a slightly bitter taste - this is a therapeutic "bitterness" - a yum yum meal that is always successful and makes me feel good

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## Guillermou

Good food, Stan. I really like to make a variation of the golden milk recommended by Dr. Mercola with virgin coconut oil, turmeric (better in extract due to the bioavailability of turmeric), ginger, black pepper, Ceylan cinnamon, avocado and stevia. In this way I add properties of the ingredients used and I obtain medium chain fatty acids and omega 9 (oleic).

About the action of black pepper: in the liver - intestinal detoxification we have two phases. Phase I directly neutralizes a toxin or those unwanted chemicals, which can be toxic if they accumulate, to turn them into intermediate forms, much more chemically active, and therefore more toxic, which are then processed by the enzymes of phase II .

Phase II Detoxification The enzymes of phase II act on some toxins directly or on those that were activated in phase I. There are essentially 6 routes: 1. Conjugation with glutathione 2. Conjugation with amino acid 3. Sulfation 4. Glucuronidation 5. Methylation 6 Acetylation

The use of piperine interferes with glucuronidation, taking more time to transform curcumin into other metabolites that have less therapeutic action. As Dr. Mercola reports, it is convenient to use turmeric extracts.

There is a clearer example that is grapefruit juice when taken with certain drugs. The mechanism of the interaction lies fundamentally in the inhibition that grapefruit juice produces on one of the intestinal cytochromes, the cytochrome P-450-3A4, which results in a reduction in the metabolism of the drug, increasing its bioavailability. Some furanocumarinics contained in grapefruit juice have been blamed as possible causes of this inhibition. It has also been proposed as an additional mechanism, the inhibition by the grapefruit of the glycoprotein P, reducing the intestinal and / or hepatic transport of the drug, increasing its absorbed fraction.

[www.sciencedirect.com/.../glucuronidation](http://www.sciencedirect.com/.../glucuronidation)

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## Randyfast

I make quiche most mornings. It used to be omelettes, until I got my Instant Pot! Before I put the bowl into the Instant Pot, I add (to the eggs, spinach, onions, mushrooms and peppers) turmeric, Himalayan salt and ground black pepper. The only restaurant I eat at, is the kitchen where I live! ;) It's the best fare in town!

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## axkershaw

I have been using turmeric for basal cell carcinoma for over 20 years. It works but does not cure permanently. I take powder add fresh ground black pepper and in a double boiler cook with coconut oil for about an hour. It keeps on the counter. One tablespoon a day washed down quickly, it tastes a bit like the mud pies the little girl next door and I used to make. That made the lesions disappear. I kept taking it for brain health. I had a severe concussion. Then I moved to a place that had heavy EMF and even 3 Tbs/day didn't work. Made a Faraday cage to sleep in and use hot pads to heat shock the cancer. The lesions are disappearing again. Ocean immersion also helps immensely The ocean has all the 60 or so essential minerals the body needs in the ionic form it uses. In this age of Roundup ravaged guts the skin seems to absorb minerals better than the gut. The ocean is also completely grounding and protective from all EMF except the natural magnetic field of the earth.

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## ocladay0206

I take 1 teaspoon of Turmeric each morning with 1 teaspoon of ganthoda (ground powder from the root of the long pepper) as well as other herbs/spices. I mix them with 2 teaspoons of MCT oils. Would this increase/enhance the positive affects of curcumin?

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## rebyreb99

I definitely can not write as eloquently as Guillermou or a few others so forgive me! I am just going to say it in layman's terms from my experience. My husband was diagnosed with Idiopathic Pulmonary Fibrosis in 2014. With the help of research and from blogs on this horrific disease, I have a list of supplements that my husband is taking for this terminal disease. One of the most important supplement is Curcumin. My husband's Pulmonologist is so impressed with his progress as with his associates. In looking at his lung X-rays, he can not believe how the lungs are looking. I don't know Curcumin has anything to do with it I just know that his Pulmonologist told him to not stop what he is taking . Another thing, my dog has arthritis and the vet put her on strong drugs since she was limping 24/7. I put her on the Curcumin as well and needless to say she is not limping. Thank you!

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## naturligvis

Great life-saving information here. I was just thinking the other day how for years I'd been mispronouncing TURMERIC - saying something like "Too'-mur-ic." There's an "R" there I'd been ignoring for years. However, in light of this article, I'm going back to pronouncing it incorrectly: "TUMOR-ICK" (as in fights icky tumors). Easy way to remember to take it!

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