

Guillermou

Excellent report that reveals great benefits of curcuminoids. A review article, recently published in the journal *Phytotherapy Research*, definitively shows that curcumin is, in fact, a potentially (and mostly proven) very powerful therapeutic in the treatment of both COVID and prion disease caused by COVID-19. "vaccines" and zoonotic viruses, Vitamin D and curcumin are two highly relevant supplements.

onlinelibrary.wiley.com/.../ptr.8119 (2024).-- Turmeric has been used to treat and prevent many different conditions such as inflammation, diabetes, cough, liver disease, arthritis, diarrhea, gastric, skin and blood disorders in ancient Indian and traditional medicine for several hundred years.

Researchers found that *C. longa* exhibits a broad spectrum of pharmacological actions, such as anti-inflammatory, antidiabetic, antioxidant, hepatoprotective, antimicrobial, antiosteoarthritis, neuroprotective, antiaging, antidiarrheal, wound healing, and antidepressant. and anticancer activity. Extensive research over the past two decades suggests that curcuminoids belonging to the diferuloylmethane class of natural products, the main components of turmeric (*Curcuma longa*), interfere with multiple cell signaling pathways, providing support for the potential role of curcumin in the modulation of carcinogenesis.

These pathways include the following:--- 1) Cell cycle.--- 2) Apoptosis --- 3) Proliferation --- 4) Survival --- 5) Angiogenesis --- 6) 'Metastasis --- 7) 'Inflammation--- Reviews have uncovered the multifaceted potential of curcumin as an immunomodulator, radioprotective drug, anticancer, and much more. The species *Curcuma longa* L (CUR)., contains several active ingredients including volatile oils (i.e., - zingiberene, curone and -turmerone) and mainly (95% of the standardized extract) three curcuminoids.

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In vitro and in vivo studies have shown that CUR can inhibit the growth of breast, colon, lung, gastrointestinal tract, liver, prostate, kidney, pancreas, leukemia, osteosarcoma, melanoma and brain cancer. Furthermore, CUR is capable of enhancing the anticancer effects of both radiotherapy and chemotherapeutic agents, showing low toxicity to normal cells. www.ncbi.nlm.nih.gov/.../NBK568018 (2021) www.frontiersin.org/.../full (2024).-- www.igi-global.com/chapter/anticancer-properties-of-curcuma-longa/3419.. (2024).-- ajabtr.smartcommunity.org/wp-content/uploads/2024/03/Turmeric-and-Cancer.. (2024).-- www.mdpi.com/.../261 (2023)-
analyticalsciencejournals.onlinelibrary.wiley.com/doi/abs/10.1002/cbf... (2024).--
www.frontiersin.org/.../full (2023).--- onlinelibrary.wiley.com/.../ptr.8220 (2024).-----
-----In these studies, a systematic review was conducted to estimate the effect of turmeric or curcumin supplementation on prostate diseases.

Curcumin/turmeric supplementation beneficial effects on prostate-specific antigen (PSA) levels as well as on markers of oxidative stress, sensation of incomplete emptying of the bladder, frequency of urination, intermittency.

, urgency, weak stream, effort and nocturia. Curcumin also exhibited prostate tumor growth inhibitory properties, link.springer.com/.../978-3-030-56153-6_20 (2021)
www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2024... (2024).-- Piperine enhances the inhibitory effect of curcumin on tumor progression by improving its administration and therapeutic activity. Triple cannabinoid treatment showed synergism in terms of exhibiting antitumor effects www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2023... (2023).-

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juststeve

Hey Gui, I like a Curcumin, Black Pepper, Ginger combination. Sometimes in alternative health supplements, some formulas just seem expensive but when taking the separate ingredients into account and pricing them it is more expensive than buying them on their own. Just have to be aware of all you are taking and as pointed out in the article, sometimes there can be unwanted interactions.

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Good mix Just, Numerous researches have indicated the beneficial effect of curcumin in modulating multiple signaling pathways involved in oxidative stress, inflammation. Curcumin could improve cardiovascular diseases such as atherosclerosis, cardiac hypertrophy, cardiac fibrosis, heart failure, myocardial infarction and ischemia. We found that the antioxidant, anti-apoptotic, and anti-inflammatory actives of curcumin were involved in its cardioprotective effects. The potential molecular mechanism underlying the cardioprotective effects of curcumin include modulatory effects on AMPK, Nrf2, JAK/STAT, NF-B, PI3k/Akt, MAPK, Notch, mTOR, PPAR, and arachidonic signaling pathways.

It was also discovered that curcumin could show cardioprotective effects through modulation of toll-like receptors, www.sciencedirect.com/.../S0753332220314074 (2021).-----One of the important problems with the anticancer effects of phytochemicals, bioactive compounds from foods and other plants is that the effective doses of phytochemicals are too high to be obtained through oral intake, particularly through food intake. The current study aimed to evaluate whether the combination of two phytochemicals, luteolin (LUT) and curcumin (CUR), at low doses where LUT or CUR alone do not have a significant effect, exerts synergistically against colon cancer.

Our results show that combined LUT and CUR synergistically suppressed colon cancer in cultured cells and mice with cell-derived xenografts, which may be associated with two possible molecular pathways. This study provides a practical approach to treating or preventing colon cancer in humans by consuming foods with high levels of luteolin and curcumin. www.mdpi.com/.../3001 (2023)

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ragus

Extracted curcumin is probably the best way to get it, rather than eating turmeric. See for example "Which spices are high in oxalate? Spice of Life: about Spices and Oxalate content" sallyknorton.com/which-spices-are-high-in-oxalate by Sally Norton. A comment: "Turmeric as a whole spice is very high (2,000mg per 100g), but its extract curcumin is very low (<1mg per typical supplement serving). Given how high turmeric is, if you have to have curcumin, you should go for "pure extracts". Elderberry works the same: the fresh fruit is high (70mg per 100g) but extracted syrup (the only form for which we have found a test) is low (again, <1mg per typical serving). The extraction process in both cases appears to leave most of the oxalate behind."

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Alro

I read resoich from life extension that said fenugreek increases absorption vastly more than does piperine (black pepper).

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