

WHAT

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DOES TO
YOUR BODY



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Joel Marion, CISSN

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Known as the ‘golden spice’ of India, turmeric could just be one of the most effective and powerful nutritional supplements on the planet. There are literally dozens of high quality published studies showing it has incredible benefits for the brain and body.

In case you didn’t already know, turmeric is the spice that gives curry its yellow color and it has been used in India for thousands of years as a spice and medicinal herb.

Turmeric contains compounds called curcuminoids. The most active form is called curcumin and as you’ll soon find out it has some very powerful anti-aging health benefits.

But first, a little history lesson.

THE HISTORY OF THIS SUPER SPICE

The first instances of turmeric being utilized by humans dates all the way back 4000 years ago. It initially made its appearance to the Vedic culture in India where it was utilized as a culinary spice with religious significance.

By 700 A.D., it had made its way to China and East Africa started using it just 100 years later. By 1200 A.D. West Africa also caught on—and soon it began spreading rapidly all over the world.



The initial allure of the spice was solely for its taste. But there are records showing that

at around 250 B.C, turmeric was being used as an ointment to help relieve the negative symptoms from food poisoning.¹ People knew very early on that this was no ordinary spice... that it had several special healing properties.

Some fun facts you probably didn't know about turmeric...

TURMERIC FUN FACTS

- India produces nearly all of the total turmeric available today and they also consume up to 80% of it
- Turmeric has to undergo an extensive process before it can be used. This involves boiling or steaming the turmeric to remove the raw odor, gelatinize the starch, and ensure the color is uniform.
- More than 100 components have been isolated from turmeric
- The turmeric plant looks very similar to the ginger plant and maintains a rhizome (underground stem)
- As previously mentioned, curcumin is the most active ingredient and it's found in ginger, so when we talk about turmeric, we're actually referring to curcumin
- Turmeric is very commonly used in dishes containing curry, which are the most popular Indian dishes
- In India, bride and grooms apply a turmeric based paste all over their skin, especially on their face and arms as it's said to help beautify the complexion

Ok, now that you're up to speed on its origin and uses, let's take a closer look at why this powerful spice should be in your kitchen at all times.

AMAZING ANTI-AGING HEALTH BENEFITS OF TURMERIC

No matter what your current age, gender, health condition, or goals, turmeric can help you live longer and fight many of today's deadly diseases through several different pathways.



Anti-Aging Benefit #1: Powerful Anti-Inflammatory

Inflammation is known as the root cause of today's modern health challenges.

And no one is immune. Stress, lack of sleep, poor nutrition, toxins in the air we breath and in the water we drink---all of them contribute to chronic inflammation.

This can eventually lead to heart disease, arthritis, diabetes, and possibly even cancer.²

But it's not all doom and gloom thanks to mother nature's miracle spice.

Studies now demonstrate that turmeric can help you combat inflammation that's currently present as well as prevent it down the road.³ It works by targeting a variety of different steps in the inflammation pathway, which in turn decrease inflammation.

This, over the long haul, can help protect you from disease.

Furthermore, research is now showing that turmeric may actually be just as powerful in reducing inflammation as many of today's over-the-counter medicines and prescriptions—WITHOUT the harmful side effects.⁴

Odd Snack Reverses Alzheimer's (Details Below)

Dear Reader,

The Alzheimer's-reversing power of [THIS chewy snack](#) virtually **shut down research at one of the biggest pharmaceutical companies.**

Why?

Because the memory-boosting power of this snack is so powerful, medical experts are coining it "THE ALZHEIMER'S DISCOVERY" of the century.

I thought this was impossible too...

Until I saw this chewy snack **reverse even the most severe cases** of Alzheimer's and dementia.

So, if you are at all worried about your own memory, then you **MUST** stock up on [this chewy superfood](#) **IMMEDIATELY.**

Christine O'Brien
Nutrition & Healing

P.S. [This delicious food](#) is known to literally turn back the clock and give your brain cells new life. [Click here right now](#) to see if you have it in your pantry.

Anti-Aging Benefit #2: Amazing Antioxidant Power

Every day we're exposed to free radicals that cause damage to the cells of our tissues. Antioxidants help neutralize these free radicals preventing them from causing harm inside our bodies.

Turmeric is a very powerful source of antioxidants.

Research published in the *Journal of Applied Toxicology*⁵ found that curcumin helps improve the body's antioxidant enzymes, helping boost your immune system.

If you prepare vegetables using turmeric for example, you'll get the absolute best protection as you not only get the antioxidants from turmeric, but also from the vegetables as well. It's a very powerful 1-2 punch that can improve your health.

Anti-Aging Benefit #3: Fights Against Alzheimer's Disease

According to the Alzheimer's Association, **by the year 2050 almost 14 million people will be "losing their mind" from Alzheimer's disease.** Presently, it's the 7th leading cause of death in the U.S.

In fact, over \$148 billion is spent each year treating this disease and pharmaceutical options are currently failing miserably.

Whether you're young, old, or middle-aged—preventing Alzheimer's should be in the front of your mind. Pun intended. 😊

Fortunately, there some easy diet and lifestyle modifications that can help you dramatically reduce your risk for Alzheimer's. Adding turmeric to your daily regimen is one of those modifications.

Research published in the *Journal of Neuroscience*⁶ illustrated that curcumin was able to provide similar benefits as taking NSAIDs for reducing brain inflammation—without the unwanted side effects such as gastrointestinal, liver, and renal toxicity.

The researchers then went on to state that **when patients consumed curcumin, many of the markers that show up when Alzheimer's disease is present were significantly decreased.**

Now that's some food for thought. Literally!

ALERT: Get Your FREE Container of Premium Protein Powder (Today Only)

Today only, for everyone who downloaded this report, my BioTrust Nutrition partner Josh and I are going to give you a free 150-gram container of our award-winning, incredibly delicious metabolism-boosting protein, BioTrust Low Carb, to celebrate over 2 million containers sold! No strings attached!

It's made with natural ingredients and certified hormone-free proteins from grass-fed cows, contains NO soy or gluten, and it's also naturally sweetened with stevia and a naturally sweet form of gut-friendly prebiotic fiber called inulin. **And did I mention it tastes incredible?** Just like a rich and creamy milkshake, only it comes in at just 150 calories while being packed with fat-burning, super high quality protein!



Available in Delicious
Milk Chocolate or Vanilla Cream!

Even better, today we're also going to throw in THREE additional bonus gifts for a value of over \$100, and all we ask in return is that you help cover the very small cost of shipping. By the way, this is NOT a monthly subscription program – we just want to get this amazing protein in your hands today as we know that once you taste it, you'll be back for more (just like more than 2 million other happy customers have!).

>> [Click Here To Secure Your FREE Container Now! \(Today Only\)](#)

Anti-Aging Benefit #4: Increases Mood & Combats Depression

If you're stressed out or you suffer from bouts of depression turmeric should be a staple in your diet.

According to research published in the *Journal of Affective Disorders*⁷, curcumin influences several positive biological mechanisms associated with major depression. In fact, it shows promise as **an effective treatment of symptoms in individuals with a serious depressive disorder.**

Many anti-depressants, which are prescribed far too often by medical professionals, come with a number of unwanted side effects including lowered libido levels and weight gain. Since turmeric is completely natural, you'll side step those side effects and often see even greater **benefits.**

Turmeric may provide promise for those suffering from mild to even severe depression, so make sure you take this into consideration before going down the potentially dangerous pharmaceutical path.

Anti-Aging Benefit #5: Helps Prevent Heart Disease

Heart disease is currently one of the fastest growing killers of our time.

Smoking, eating processed foods, lack of exercising regularly... all of these lifestyle factors increase your risk.

According to the Centers for Disease Control and Prevention, there are currently 28.4 million people who have been diagnosed with heart disease in the United States. This makes up around 11.7% of the total population in the country.⁸

Turmeric can help offset this by improving the overall function of the endothelium, which lines the blood vessels that lead to the heart. When the endothelium is functioning at a higher level, **this in turn helps to better control blood pressure levels and therefore, lowers your risk of heart disease.**

An interesting study published in the *American Journal of Cardiology*⁹ showed that patients who were already in the hospital scheduled to undergo coronary artery bypass surgery supplemented with turmeric had **a 65% decrease for having a heart attack compared to those who didn't.**

Researchers conducting the study theorized that this was thanks to the antioxidant and anti-inflammatory benefits that turmeric provides, which can assist both those who are already suffering from heart disease as well as those who are looking to take preventative steps.

Anti-Aging Benefit #6: Decreases Cancer Risk

Cancer sucks. We all know that because it has affected almost every person on the planet in some form or fashion.

Do This to Naturally Restore 20/20 Vision

A breakthrough study has shown the diet of [THIS indigenous population](#) has given them eyesight FOUR TIMES more powerful than ours. Can you guess which one it is?

- a. [Apache Indians](#)
- b. [Australian Aborigines](#)
- c. [Canadian Inuits](#)

Apparently, the secret behind their “Super Sight” are [THESE two foods](#).

And when you click on your answer above...

... you'll discover exactly what they are (and how you can take advantage of them yourself to restore sharp vision).

Choose your answer now.

In one study¹⁰, researchers looked at turmeric's effect on males who were at greater risk of colon cancer from lesions running along their colon. After 30 days of supplementation they saw a decrease in those lesions by up to 40%, which lowered their

risk of developing full-blown colon cancer.

In addition to this, research published in the *Cancer Research Journal*¹¹ has also stated that consuming turmeric on a regular basis can reduce the growth of cancerous cells, reducing chances of getting this deadly disease.

Anti-Aging Benefit #7: Relieves Arthritis

Arthritis, or Uncle Arthur, as my father likes to call it affects people of all ages in today's modern world.

Arthritis and joint pain are directly linked to chronic inflammation. Because turmeric acts as a **powerful anti-inflammatory** inside the body it can decrease the amount of pain you are experiencing.

In one study published in the *Phytotherapy Research Journal*¹², researchers noted that **turmeric may prove to be just as effective, if not more effective, than some of the anti-inflammatory drugs that are being used to treat those who suffer from rheumatoid arthritis.**

Anti-Aging Benefit #8: Lowers Risk of Diabetes

Research published between 1998 to 2013 indicates the active polyphenol in turmeric (curcumin) may be an ideal intervention for type 2 diabetes by stabilizing elevated blood sugar and improving insulin sensitivity.¹⁴

NOTE: People with diabetes should talk to their doctors before trying any type of turmeric supplement. Since it lowers blood sugar levels, taking it with diabetes medications could cause blood sugar levels to drop too low.

Now you're probably thinking, ***“Ok, the therapeutic benefits of consuming turmeric sound amazing, but what about weight loss?”***

I'm glad you asked.

#1 WORST Food for High Blood Pressure (Do NOT Eat)

Did you know there's [one food](#) that a majority of Americans eat that causes high blood pressure? (and it's not salt)

In fact, 80 million Americans now suffer from high blood pressure and new studies suggest the number of Americans with high blood pressure is only going to go up, and it's almost entirely because of [this one single food](#).

[Find out what this one food is](#) and what you can do to fight this high blood pressure epidemic today...

[#1 Worst Food for High Blood Pressure](#) (do NOT eat)

HOW THIS *SUPER SPICE* HELPS YOU BURN MORE STUBBORN FAT

When you think of turmeric it's usually not associated with weight loss, but there are several ways the anti-aging benefits we just covered can potentially help you burn more fat.

While each one on its own may not make a big difference, the synergistic effect could be a tipping point over time.

- For example, if you have less joint pain you'll most likely be a lot more active, which means more calories burned on a daily basis.
- **If depression is preventing you from exercising, the mood enhancing**

effects might just help you get moving again.

- If you have less inflammation you'll recover faster from exercise and build more lean muscle.
- **If you have extra anti-oxidant protection you'll get sick less often, which can help you maintain a healthy and active lifestyle.**
- If your blood vessels are functioning at a higher level you'll get more oxygen to working muscles, which equals increased exercise performance.
- **If you're keeping blood sugar stable it lowers insulin allowing your body to access fat cells as a fuel source.**

Another very powerful benefit of turmeric is that it may help to decrease the overall level of fat accumulation you are experiencing.

Research published in the *Journal of Nutrition*¹³ has demonstrated that turmeric may help to inhibit the process of converting excess energy into body fat storage.

The study noted that when mice were supplemented with curcumin (the active compound in turmeric), it did not reduce how much they ate on a high fat diet plan, but it did reduce the total body weight gain, adiposity, and microvessel density in their adipose tissue, showing that this spice may be extremely powerful for acting as a fat loss agent.

Of course, eating healthy and exercising consistently will greatly increase nearly every potential benefit of this super spice.

PROS OF TURMERIC:

- **Is an easy spice to incorporate into your meals**
- Will help you enrich the taste of your favorite dishes without adding unwanted calories or sugar

Will Amazon STUN Seniors on Social Security with THIS news?

Dear Reader,

When this New York millionaire [went public with this controversial Amazon prediction...](#)

He received hundreds of hate tweets.

They've accused him of "pulling a stunt"... and called him "fake news guy" and a "con artist."

But now some recent news involving Amazon has vindicated him...

You see, [THIS "smoking gun"](#) proves that Amazon could change the retirement of millions of Americans.

There's a lot of money on the line... And there's no time to waste... Because it's scheduled to happen in early 2018.

[Click here to see what is very likely to be the biggest market shock of 2018.](#)

Sincerely,

Doug Hill,
Publisher, Choose Yourself Financial

- **Is readily available and easy to use**
- Is cost effective to buy

- **Can help reduce the risk of a variety of diseases including Alzheimer's disease, cancer, as well as depression**
- Can reduce total body inflammation, which is a leading cause of today's diseases
- **Reduces joint pain medications, talk with your doctor before adding turmeric to your diet**
- If you consume excessive amount of turmeric through supplementation, it can lead to dizziness, blurry vision, insomnia, dry eyes, as well as night sweats
- **Is an excellent source of antioxidants**

CONS OF TURMERIC:

- **Difficult to absorb**

Unfortunately, most of the curcumin found in turmeric just passes through the digestive tract, unless it's taken in a supplement form with a black pepper extract, also known as bioperine or piperine. This has been shown to enhance absorption of curcumin by 2000%

- Strong, Powerful Flavor that some people may not enjoy (but many others enjoy it)
- **If you aren't a fan of the taste of turmeric, it may be harder to add to your meals so you may want to consider supplementation**
- Turmeric can also act like a blood thinner, so if you're taking blood-thinning medications, talk with your doctor before adding turmeric to your diet.
- **If you consume excessive amounts of turmeric through supplementation, it can lead to dizziness, blurry vision, insomnia, dry eyes, as well as night sweats.**

The 14 Day Ketogenic Diet

Today's most innovative doctors are using this diet to eliminate deadly belly fat, shrink cancer tumors, and cure epilepsy in children...

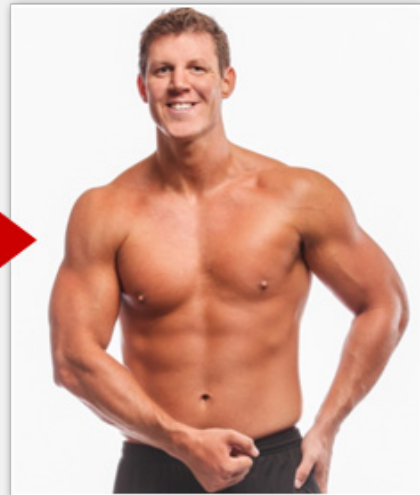
It's growing so fast that even senior citizens are using it to fight disease and rapidly burn belly flab **in just 14 days...**

It's called The Ketogenic Diet, and I personally used a new rapid 14-day version—utilizing 4 specific “super fats”—to completely transform my body in record time...

BEFORE Discovering The
Power Of Eating **SUPER FATS**



AFTER



It all started by eating the 4 SUPER FATS below at the right time over a very short 14 day period (a few of them are probably in your kitchen right now)...

[4 SUPER FATS that incinerate unwanted belly fat in just 14 days](#)

To your rapid results,

Joel

HOW TO CHOOSE THE HEALTHIEST TYPE OF TURMERIC

When selecting your turmeric, there are a few things to keep in mind. First, avoid turmeric from large supermarket chains. You have no way of knowing how long this turmeric has been stored for and where it's coming from. In many cases, it's been stored for up to a year (or longer) and may have lost some of its health boosting properties.

Check out health food stores or search for an ethnic or local spice store in your area. The turmeric here will often be fresher and of finer quality. You might even find different variations that will add more life into your cooking.

In addition to that, you may also seek out fresh turmeric root, which will be even better as it hasn't been altered the way that powdered turmeric has been. Usually this can be found in the produce department next to other fresh herbs such as ginger root.

Finally, if you purchase 'curry' spice, you're not getting a medicinal or efficacious dose of turmeric. While you will be taking in some turmeric, curry spice is a blend of a variety of different spices so the actual concentration of turmeric will be much lower. You stand to gain far more benefits if you choose to purchase plain turmeric or invest in a high quality supplement instead.

STORING TURMERIC

If you are purchasing **dried** turmeric, you'll want to store it in a tightly sealed container in a cool, dark, dry area of the house. The spice rack in the pantry is the obvious choice.

If you are purchasing **fresh** turmeric, you'll instead want to keep it in the fridge until using.

DELICIOUS ANTI-INFLAMMATORY TURMERIC RECIPES

Wondering how you can incorporate turmeric into your daily diet? Here are some delicious and healthy recipes to get you started. Try one of them today.

GINGER TURMERIC CAULIFLOWER STEAKS

Struggling to get your vegetable intake up? Try these delicious cauliflower steaks. Cauliflower is loaded with antioxidants and is a great way to boost your daily fiber intake. You'll gobble these up!

Ingredients

- 1 large head cauliflower
- Salt and pepper
- 2 tablespoons olive oil, divided
- 1 teaspoon freshly grated ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- Small handful of parsley, chopped



Directions

1. Preheat the oven to 400°F.
2. Remove the leaves and trim the stem end of the cauliflower, leaving the core intact. Using a large knife, cut the cauliflower from top to base into three 3/4-inch-thick “steaks.” Season each steak with salt and pepper on both sides. (Reserve any loose florets for another use.)
3. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Sear the cauliflower steaks until golden brown, about 2 minutes on each side. Gently transfer the steaks to a baking sheet.
4. Whisk together the remaining 1 tablespoon of olive oil, ginger, cumin, and turmeric.

- Brush or spoon the mixture onto the cauliflower steaks.
5. Roast in the oven until tender, about 15 minutes.
 6. Garnish with parsley and serve.

SWEET POTATO CARROT SOUP

When most people think of soup, they tend to think of chicken noodle or tomato soup. This takes a unique twist on the classics and gives you sweet potato soup. With added carrots for even more nutrition, this soup is one that you'll come back to time and time again. Add a protein on the side and you have yourself a complete meal.

Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1 large sweet potato, peeled and diced
- 6 medium carrots, peeled and diced
- 1 (13.6 oz.) can lite coconut milk
- 1 cup low-sodium vegetable stock
- ½ teaspoon chili powder
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon paprika



Directions

1. Heat olive oil in a medium pot over medium-high heat. Sauté onions, sweet potato, and carrots, stirring occasionally, for 8-10 minutes (or until tender).
2. Add spices, coconut milk, and vegetable stock. Stir.
3. Using an immersion blender (or very carefully transferring to a regular blender), puree soup until smooth.
4. Serve immediately and enjoy! Can also be refrigerated in an airtight container up to 48 hours.

TURMERIC TOMATO SOUP

If you want a strong dose of turmeric, this soup will give you just that. Loaded with lycopene, this homemade version of tomato soup is far healthier than any commercially prepared variety you might buy and will ensure your health gets kicked up a notch.



Ingredients

- 5 oz. cherry tomatoes, rinsed and cut in halves
- 1 14 oz. can diced tomatoes with their sauce
- ½ cup low-sodium vegetable stock
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 2 teaspoon turmeric powder
- 1 teaspoon coconut oil
- ½ teaspoon salt
- 1 teaspoon dried basil
- 1 tablespoon lemon juice
- black pepper (freshly ground)
- Mixed seeds and nuts, to garnish

Directions

1. Heat the coconut oil in a sauce pan and fry the onion and garlic for one minute.
2. Add turmeric and cherry tomatoes, and cook until the tomatoes softens and leave their juices.
3. Add the tomato can, vegetable stock, lemon juice and basil, bring to boil, cover with a lid and let simmer for five minutes.
4. Transfer into the blender and pulse to obtain a creamy liquid.
5. Season with salt and pepper and serve garnished with mixed seeds and nuts.

SPICY TOMATO TURMERIC EGGS

Looking for a new way to serve eggs? Try this spicy tomato egg recipe. Eggs are an incredibly versatile food and are a rich source of protein as well. They're also a great source of choline, which is needed to help keep your brain functioning optimally.

This recipe makes a great snack for any point during the day.

Ingredients

- 3 tablespoons extra virgin olive oil
- ½ large onion, small dice
- 2 garlic cloves, peeled and minced
- ½ green pepper, finely diced
- 1 tablespoon dried oregano
- ½ teaspoon ground turmeric
- ¼ teaspoon cumin
- ¼ teaspoon paprika
- ⅛ (a pinch or two) teaspoon ground red pepper
- ¼ teaspoon ground black pepper
- ½ teaspoon kosher salt
- 15 ounces canned diced tomatoes (fire-roasted are delicious)
- 4 large eggs
- for garnish: fresh parsley or cilantro



Directions

1. Heat oil over medium heat in a 10-12-inch skillet.
2. Add onion and green pepper and cook, stirring occasionally, until onion golden, about 4-5 minutes; add the garlic and cook for an additional 1-2 minutes more.
3. Lower the heat to medium-low. Add oregano, turmeric, cumin, paprika, red pepper, black pepper and salt. Cook about 1 minute to toast spices.
4. Add tomatoes, bring to a boil, reduce to a simmer and continue to cook for a few minutes, stirring occasionally, until thickened. Using a potato masher or back of large spoon, crush the tomatoes a bit.
5. Crack the eggs into the sauce and cover. Simmer gently until the whites are set and the yolk is still runny.

6. Salt and pepper to taste. To serve spoon sauce and eggs into shallow bowls, top Sprinkle with fresh parsley or cilantro.

TAKING IT HOME

Although the extensive research studies on turmeric reveal some extremely promising benefits, nothing replaces a healthy diet and a consistent exercise plan.

Adding some high quality turmeric to the equation could just be the difference maker to maximize your results, while combating some of today's most life-threatening diseases.

To your ultimate health!

Joel

WORST Salad Dressings: Balsamic Vinegar & 7 Other Waist Expanders

You've probably been told over and over again that eating salad is extremely healthy and helps you burn fat, but truth is, there are EIGHT salad dressings that can completely sabotage your efforts, and your flat-belly results! Fortunately, I just wrote a brand new free report that you can download for free for the rest of the day, showing you ALL 8...

You see, these rogue salad dressings wreak havoc on your body's fat-burning hormones and quickly bring weightloss to a dead stop -- even though you're trying to eat healthy! Don't fall victim to these waist-expanding salad dressings any longer:

>> [NEVER eat these 8 salad dressings \(EVER!\)](#)

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