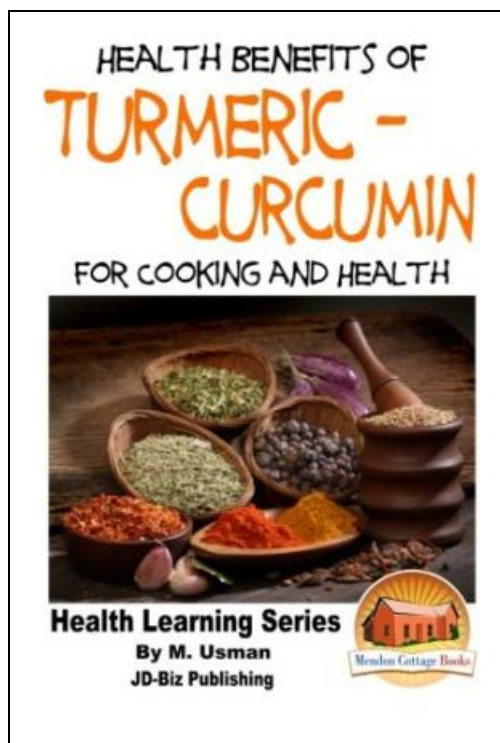


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Turmeric - Curcumin For Cooking and Health Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Facts Chapter # 3: Uses of Turmeric Chapter # 4: Storing Turmeric Recipes Chapter # 1: Eggless Egg Salad Chapter # 2: Sprouted Lentil Veggie Burger Chapter # 3: Orange Turmeric Cake Chapter # 4: Quick Curried Beef Chapter # 5: Beef Carry Chapter # 6: Tagine of Lamb Apricots in Honey Sauce Health Benefits of Turmeric Chapter # 1: Introduction Chapter # 2: Inflammation and Oxidation Chapter # 3: Cystic Fibrosis Chapter # 4: Childhood Leukemia Chapter # 5: Cardiovascular Diseases Chapter # 6: Alzheimer s disease Chapter # 7: Cancer Chapter # 8: A Super Spice Conclusion References Nature has given us cures to every disease known to man in one form or another yet we still choose to pick synthetic treatments full of side-effects over them. These cures are right in front of us but we fail to see them; turmeric is one of these cures hidden in plain sight. Everyone in the western world knows turmeric when it comes to making curries but it is probably the most underestimated and least popular spice when it comes to its medicinal uses. For starters, turmeric is a plant from which the spice of the same name is obtained. The most common form of turmeric is its powder form, which is of bright yellow color. The use of turmeric for flavoring, for cosmetic purposes and for medicinal uses goes back to the Vedic period in India and it is since then that it has had a massive impact over the region which explains its high...

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