

A God-Created Solution for Diabetes, Arthritis and Cancer

The main component of turmeric is curcumin, which has been shown to have powerful anti-inflammatory effects and is a very strong antioxidant. It is effective in helping a variety of conditions such as diabetes, arthritis, gastrointestinal problems and cancer.

Diabetes

You can lower blood sugar and reverse insulin resistance with turmeric. A 2009 study published in *Biochemistry and Biophysical Research Communications* showed how supplementing with turmeric can help reverse diabetes. The study found that curcumin is literally 400 times more potent than a common diabetes drug in activating AMPK, which improves insulin sensitivity and helps reverse Type 2 Diabetes. Curcumin has also been proven to help reverse many of the issues related to insulin resistance and hyperglycemia. Also, one of the most common complications of diabetes is damaged blood vessels, which cause blindness. A study found that supplementing with curcumin can delay this complication because of turmeric's anti-inflammatory and antioxidant properties.

Arthritis

A study with 45 rheumatoid arthritis patients compared the benefits of curcumin in turmeric to arthritis drugs, which put people at risk of developing leaky gut and heart disease. The study split these volunteers into three groups: curcumin treated, drug treated (diclofenac sodium) and a combination of the two. The curcumin group showed the highest percentage of improvement in overall Disease Activity Scores. The curcumin treated scores were significantly higher than those of the

patients in the drug group. And the best part was that the curcumin treatment was determined to be safe and demonstrated no adverse effects. This study provided the first evidence for the superiority of curcumin treatment in patients with active RA.¹

Cancer

A number of laboratory studies on cancer have shown that curcumin clearly has anticancer effects. It appears to kill cancer cells and prevent more from growing. It has shown the best effects on breast cancer, bowel cancer, stomach cancer and skin cancer. A 2007 study that combined curcumin with chemotherapy to treat bowel cancer showed that the combined treatment killed more cancer cells than the chemotherapy alone. Studies have also shown that curcumin stops cancer development, growth, and spread. Researchers have also reported that curcumin blocked the formation of cancer-causing enzymes in rodents. And it has shown the ability to reduce tumor size and kill cancer cells.

Gastrointestinal Problems

Many people with digestive and stomach issues become intolerant to medications because the stomach flora is compromised and drugs can literally tear up the mucosal lining. An in-depth look at all the studies evaluating curcumin's ability to manage inflammatory bowel disease (IBS, Crohn's disease and ulcerative colitis) found that many people were able to stop taking their prescribed corticosteroids because their condition improved dramatically by taking curcumin.

Corticosteroids reduce the pain symptoms for people with IBD, but they damage the intestinal lining over time actually making the condition worse. But supplementing with curcumin did not have side effects but rather helped heal the gut and supported the growth of good bacteria (probiotics).

Turmeric Juice Fast

I have developed a special turmeric 3-day juice fast that you can incorporate as part of the 5-Day Juice juice can truly help you improve your strength and energy.

Notes

1 Published by *Phytotherapy Research* in 2012, the results of this study has encouraged more human research to evaluate the amazing effects curcumin-rich plants like turmeric has on people suffering from various different types of arthritis.

Turmeric Juice Shot

- 2-inch chunk turmeric root
- 2-inch chunk ginger root
- 1/2 lemon, peeled

Juice all ingredients, stir and drink as soon as possible.
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Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as “The Juice Lady” for her work with juicing and health, she is the author of 32 books, including her latest book ,The Juice Lady’s Guide to Fasting. She and her husband offer juice-cleanse retreats throughout the year, 30-Day Detox online and Garden’s Best Juice Powder. “What You Can Do When Your Healing Doesn’t Come” is one point from her teaching “7 Keys to Your Supernatural Healing.” You can connect with Cherie at .

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