**This is What Happens to Your Liver and Your Brain When You Drink Boiled Turmeric Water**

**  March 24, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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Turmeric is one of the most popular spices added to South Asian dishes, and it becoming growingly popular all around the world, due to its multiple health-boosting properties.

However, only a few know that its daily consumption improves the health of the liver and brain.

**Turmeric for Liver health And Cancer Prevention**

This spice has been commonly used to treat liver diseases for centuries. However, experts have started examining its effects in terms of liver protection twenty years ago.

What they found was that turmeric is extremely helpful due to its potent anti-inflammatory and antioxidant effects. It reduces liver damage due to cirrhosis (scarring of the liver), iron overdose, ethanol, high toxicity levels, and liver diseases (such as cholestasis).

Its active ingredient, curcumin, lowers the risk of liver cancer, as it reducing the effects of human carcinogens (such as thioacetamide) on the liver.

**Turmeric For Brain Health**

Recent studies have found that turmeric improves the function of the brain.

Namely, researchers have discovered that curcumin inhibits the buildup of beta-amyloid plaques, which are one of the primary causes of Alzheimer’s, by a shocking 40%.

Furthermore, its anti-inflammatory properties can be of great help in the case of Alzheimer’s, as they reduce the damage due to inflammation and oxidizing agents. Other studies have also confirmed that this miraculous spice is also helpful in the treatment of depression.

We suggest a few recipes so you can consume turmeric daily:

**Turmeric and Oil/Fat- recipe**

Ingredients:

* 1 teaspoon turmeric
* 1 tablespoon coconut oil
* 2 cups coconut milk
* 1 pinch black pepper

Method of preparation:

In a saucepan, heat the listed ingredients until the mixture boils. Then, remove it from heat and drink it warm. You can also add the mixture to your soups, curries, or other recipes.

**Turmeric Water- recipe**

Ingredients:

* 1/4 teaspoon turmeric
* 1-2 cups of water

Method of preparation:

First, boil the water, add the turmeric, and for 10 more minutes. Then, leave it to cool for a couple of minutes, and then you can drink it.

Enjoy!

Sources and References:  
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[movingtoorganic.com](http://movingtoorganic.com/happens-liver-brain-drink-boiled-turmeric-water/)

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