**Turmeric Fights Inflammation: Here’s How Much You Should Take And How Often For Best Results**

**  May 9, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Natural spices have always been the go-to, instant healing therapy for centuries back.

Aside from being used in the culinary world, they represent strong anti-inflammatory agents that often help the body deal with numerous health conditions. One of the most popular and incredibly healthy spices is, of course, turmeric.

Turmeric has been widely used in the cosmetics industry, cooking recipes, and it is frequently used to heal wounds, prevent cancer and reduce pain and inflammation.

Still, due to the countless forms of turmeric, it is difficult to find just the right one to use, and we’re now answering that very question.

**Defining Turmeric**

Turmeric contains numerous compounds all bringing different kick to the body. Curcumin makes up most of turmeric, and it is also present in other healthy plans like ginger.

Some of the turmeric benefits include:

* anti-inflammatory properties
* Anticancer benefits
* anti- allergies properties
* reduces Arthritis pain
* deals with depression
* stabilizes diabetes
* lowers the risk of heart attack

**Turmeric for Inflammation**

When the body is inflamed it can be a result of numerous different factors. The healing process can be hard and annoying, since there are two forms of inflammation, acute inflammation and chronic inflammation.

Acute inflammation starts after an injury happens, and can drastically escalate, while chronic inflammation is persistent and can last for months and even years.

Inflammation ca disrupt the health in many ways. Often, it can cause cancer, asthma, arthritis, obesity, heart disease and others, especially if we’re talking about chronic inflammation.

An article written by Dr. Mercola explains through the words of a nutritionist called Donnie Yance that cancer and heart-related problems can be triggered by chronic inflammation. Furthermore, this enables the release of free radicals within the body.

**The Difference between Whole Turmeric and Supplements**

One of the biggest differences between turmeric and its supplements is that curcumin is often found in larger doses in the supplement form. If you take a supplement, it will provide you with around 500mg of curcumin, while 1 tsp of turmeric powder will offer only 15mg.

There is also the powder version of turmeric, although going raw and fresh is always the best option.

The flavor can be quite intense for certain people, and that is why supplements are a better fit. Additionally, supplements are rich in significant essential oils. In order for the supplements to provide

The downside of consuming turmeric supplements

**It is not recommended you take supplements if you:**

* are pregnant –miscarriage risks are higher
* are trying to conceive or you’re struggling with conceiving
* suffer from gallstones or gallbladder disease
* have a scheduled surgery within the next two weeks
* are one meds that prevent clotting, like aspirin – sometimes it results in more bleeding and bruising
* have stomach issues – it is known to trigger gastric irritation, nausea and/or diarrhea
* are on diabetes medication – can provoke hypoglycemia
* are iron deficient

**Proper use of turmeric and dosing**

One study, conducted by the University of Maryland’s Complementary and Alternative Medicine Guide, suggests these doses as the optimal to get favorable effects:

* Cut root: 1.5-3 grams/day
* Dried, powdered root: 1-3 grams/day
* fluid extract (1:1): 30-90 drops/day
* Tincture (1:2): 15-30 drops 4 times a day
* Standardized powder supplement: 400-600 mg 3 times a day

Turmeric should become a part of your daily nutrition plan and the same goes for other spices as well. A little goes a long way, so give it a try.

Sources:
[realfarmacy.com](http://realfarmacy.com/turmeric-dose/)
[theheartysoul.com](http://theheartysoul.com/turmeric-fights-inflammation-heres-much-take-often-best-results/)