

Frankie Prater-Cockayne NYR Organic Independent Consultant

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Frankie Prater-Cockayne NYR Organic Independent Consultant shared Medical Medium's post.

April 27 ·

I know I have ranted on about turmeric a number of times but it really is the most incredible spice!

We have it in a number of our skin care products including our wild rose beauty elixir, frankincense facial serum and frankincense refining cleanser.

Find out more about this miracle gold dust in this fabulous post from the medical medium:



Medical Medium

April 27 ·

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Turmeric is a natural wonder in the healing world and has been used as a powerful anti-inflammatory, antioxidant, antiseptic, and anti-depressant since ancient times. The main component in turmeric, curcumin, has phenomenal anti-cancer properties and has been known to help to inhibit prostate, skin, colon, mouth, esophageal, lung, stomach, pancreatic, liver, and breast cancer.

Turmeric is also a known blood purifier and helps to soothe respiratory ailments, improve liver function, support the circulatory system, regulate menstrual cycles, prevent cognitive diseases such as Alzheimer's, and heal gastrointestinal disorders. Turmeric significantly decreases inflammation that is attributed to arthritis and other auto-immune disorders such as lupus, irritable bowel syndrome, fibromyalgia, and chronic fatigue syndrome.

Turmeric also helps the body to digest proteins and fats as well as to regulate blood sugar for diabetics. It's antioxidant properties have beneficial anti-aging effects and its anti-fungal, anti-bacterial, anti-microbial properties aids in healing skin wounds and abrasions as well as inflammatory skin irritations such as psoriasis and eczema. Turmeric is available as a powder, capsule, tincture, tea, spice, and/or ointment.

Supplementing with turmeric or adding it to your diet will provide benefit for your whole body and is one of the best things you can do for prevention, repair, and longevity.

Learn more about which spices can heal and restore your body in my new book, click here <http://bit.ly/MM-book>



Healing Benefits of Turmeric

Medical Medium

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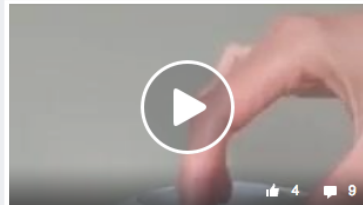
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Sheren Rose July 15 at 5:16am

Picked up my little package of joy from my mums yesterday! Thank you what's in the two teeny tiny little pots? Xxx

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Larissa Thomson