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Sunday, January 29, 2012

Turmeric, Curcumin Naturally Block Cancer Cells

Anthony Gucciardi
Activist Post



Turmeric and curcumin have been highlighted as powerful anti-cancer substances in the past, but research has now shed even more light on the amazing ability of both **turmeric** and curcumin to actually *block cancer growth*.

This is due to the unique ability of a main component in turmeric that is actually able to block an enzyme that promotes the spread of head and neck cancer.

Researchers at **UCLA** found that curcumin — the primary component in turmeric also responsible for its color — exhibited these cancer-blocking properties during a study involving 21 participants suffering from head and neck cancers. The subjects were given two chewable curcumin tablets containing 1,000 milligrams of the substance each. After administering the chewable curcumin tablets, an independent lab in Maryland was in charge of evaluating the results.

What the lab found was that the enzymes in the patients' mouths responsible for promoting cancer spread and growth were **inhibited by the curcumin supplementation**. As a result, the curcumin intake halted the spread of the malignant cells. Curcumin has previously been found to **reduce tumors by 81%** in similarly shocking research, which also gives credence to the natural anti-cancer benefits of turmeric and curcumin intake.

While the benefits of turmeric have not been widely publicized in the United States, turmeric is known for its widespread use in many South Asian and Middle Eastern countries.

Utilized as a spice in traditional dishes, many cultures have already fully recognized the powerful health-promoting aspects of turmeric.

Perhaps the best part about turmeric is the fact that it is very cheap compared to highly ineffective cancer drugs that have actually been shown to **worsen tumors conditions and kill patients**.

As more health professionals begin to realize the attributes of turmeric and curcumin, it is very possible that it could become as popular and widespread — if not more so— than super-nutrient **vitamin D**.

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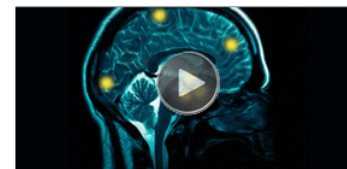
Posted by Activist at 10:00 AM Labels: [cancer](#), [Cancer Research](#), [Health News](#)

12 comments:

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refuge2012 said...

I also use turmeric to control my estrogen levels. It helps lower them.

placeofrefuge2012.com

January 29, 2012 1:58 PM

Anonymous said...

Would you please stop writing about how good is tumeric. Next thing they will come up with idea that it is medicine and will be become UNAVAILABLE without prescription????? LOL

January 29, 2012 2:44 PM

Anonymous said...

How much tumeric do you take per day?

January 29, 2012 2:56 PM

Anonymous said...

You can get organic turmeric at www.banyanbotanicals.com I take 2 tsps. per day.

January 29, 2012 3:49 PM

Anonymous said...

It is very important that the turmeric is not irradiated. in other words: make sure the turmeric you use for healing is organic. organic herbs are not irradiated. irradiation destroys the healing properties of plants.

January 29, 2012 5:28 PM

Anonymous said...

Tumeric, chickpea flour and olive oil also makes a wonderful face mask, especially for the 40+ folks!

January 29, 2012 6:53 PM

Anonymous said...

Since reading about this wonderful underground stem, I have many times inform my families and friends about it whenever I see them and shared your info in Facebook. I have even started to make my own tumeric drink based on my late mum's advice. It really makes my body kind of lighter after drinking this drink for 3 mornings. And I will take this drink at least once a week now. A real detoxification agent. Also I am interested in producing tumeric capsules as depicted in this video. This is for my children who likes fast food and all the colas and sodas. Though they had reduce the intake of these rubbish food, still I would like them to detox their bodies early with eating this capsules. Here is the link for producing tumeric on our own.
http://www.youtube.com/watch?v=yhTvvYIErEY

Siti Z

January 29, 2012 8:42 PM

PatrickW said...

Facemask? I cook a LOT of curry and I use unadulterated Turmeric, very strong and very yellow stuff indeed. If I accidentally get it on my fingers, it stains them yellow for ages. Be careful of which Turmeric you use.

January 29, 2012 8:51 PM

Anonymous said...

curcumin is poorly absorbed but by combining it with a bit of black pepper(piperin),the absorption is enhanced.
also,curcumin has antidepressant effects by itself(likely via MOI,dopamine mechanisms) and enhances the effect of traditional antidepressants.
Bernie D. M.D.

January 30, 2012 8:27 AM

Anonymous said...

The Indian and Thai spicy curries are just what we need. I would say that a fresh Thai pepper is much more exciting than dried up black pepper. And for that matter if absorption is a concern, how about cayenne extract? ~jus my 2 centavos

January 30, 2012 10:49 AM

Anonymous said...

Tumeric causes insanity and your comments prove it. You would have to be insane to depend on tumeric to cure cancer.

January 30, 2012 1:42 PM

Anonymous said...

"Tumeric causes insanity and your comments prove it. You would have to be insane to depend on tumeric to cure cancer"
You are just one skunk against the rest of us. Cancer can be treated by plants in China and I know for a fact. If ever you get the cancer go and take your Chemotherapy to eat your brains out

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