



# Turmeric for Health: 100 Amazing and Unexpected Uses for Turmeric

*Britt Brandon*

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# Turmeric for Health: 100 Amazing and Unexpected Uses for Turmeric

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**Turmeric for Health: 100 Amazing and Unexpected Uses for Turmeric** Britt Brandon  
**Discover the power of turmeric!**

For centuries, turmeric, the spice that gives curry its yellow color and its distinctive warm and earthy flavor, has been used in eastern medicine traditions as an anti-inflammatory and pain-relieving remedy. Now, new medical studies are confirming this wisdom--and adding to it. Turmeric contains powerful antioxidants, which can help combat chronic life-threatening diseases, including heart disease, certain types of cancer, arthritis, Parkinson's disease, and Alzheimer's disease. It's also an all-natural remedy for common ailments and an effective health and beauty aid. *Turmeric for Health* provides 100 all-natural solutions that help:

- Soothe digestive upset
- Relieve daily aches and pains and reduce inflammation
- Improve metabolic function and weight loss
- Promote healthy skin, hair, and nails

With *Turmeric for Health*, you'll discover all the benefits that this simple spice can bring--without dangerous chemicals or costly procedures.

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