

In this article I wish to share my experiences using Curcumin. Curcumin is the most active constituent of Turmeric which is a spice used in cooking as well as alternative health remedies. I started using Turmeric about 1.5 years ago in order to take advantage of its properties; especially those attributed directly to Curcumin. I have progressed from using an extract tincture to the form I currently use (more on that later). In the course of using Turmeric I read a lot about this substance and although I started out using it to gain from its anti-inflammatory properties I soon realized that it has other recognized benefits that can, for some, quite possibly be life-saving.

Focusing on Curcumin's anti-inflammatory properties I can personally attest that it performs as well or better than any of the NSAID's I have tried. When I say "performs better" I am commenting not only on the pain relief I receive but also the complete absence of negative mental and physical reactions I experience with NSAID's. A very commonly used NSAID is Ibuprofen. When I have taken Ibuprofen in the past it has *initially* done a fine job of negating whatever painful condition I am seeking relief from. But in addition to the pain relief I also experience a bothersome mental cloudiness which persists as long as I take this medication. That alone might not have been argument enough for me to seek out an alternative pain reliever but I also found that after taking a dosage for about one week the pain relief was diminishing prompting me to either up the dosage, combine Ibuprofen with other NSAID's (not recommended) or seek the advice and help of a physician. Couple these diminishing returns on pain relief with the fact that long term use of NSAID's can place certain individuals at risk for stomach problems and heart attack and it was not hard for me to begin opting for something else to deal with my discomfort and pain.

As far as I have been able to determine (by reading quite extensively) it is my personal opinion that Curcumin performs much better than NSAID's in relieving pain and that it has none of the long term usage risks associated with it. In fact it is not only an effective pain reliever but it adds additional health benefits rather than risks. I know most of you who are reading this are probably well aware of these same observations I make but I write this not so much to present new unknown facts but to add my voice to the chorus of others who have discovered this beneficial substance and are placing their experience on the web.

In addition to pain relief Curcumin is also associated with being a preventative for mental decline and Alzheimer's disease. In India, where Turmeric is used extensively in cooking, it was found that "elderly villagers in India appear to have the lowest rate of Alzheimer's disease in the world and researchers have speculated that the anti-inflammatory effects of Curcumin may be partly responsible." <http://www.drweil.com/drw/u/QAA400915/Curcumin-or-Turmeric.html>

Curcumin has also been clinically observed to inhibit tumor growth in multiple cancers. Below are multiple links to the abstracts (summaries) of studies supporting this attribute of Curcumin,

<http://www.ncbi.nlm.nih.gov/pubmed/22030090>

**For inhibition of pancreatic tumor growth.**

<http://www.ncbi.nlm.nih.gov/pubmed/22108826>

Note; This abstract refers to the use of a Curcumin analogue diflourinated-curcumin.

### **For lung cancer**

[http://science.naturalnews.com/2008/2001954\\_Curcumin\\_inhibits\\_lung\\_cancer\\_cell\\_invasion\\_and\\_metastasis\\_through\\_the.html](http://science.naturalnews.com/2008/2001954_Curcumin_inhibits_lung_cancer_cell_invasion_and_metastasis_through_the.html)

All of the above links were found through a simple search engine query. Here is the link to the entire results of that search,

<https://duckduckgo.com/?q=pubmed+com+curcumin+tumor+suppressor>

Curcumin is reputed to have three distinct effects on a variety of cancer cells. They are,

- Activating apoptosis (cancer cell death)
- Enhancing the immune response of the body in relation to cancer cells
- Preventing and inhibiting angiogenesis

The first two properties are self-explanatory but angiogenesis deserves more clarification. When cancer cells form a tumor they begin to rapidly multiply which forms the basis for the danger they present to the body. In order to support this rapid growth cancer tumors engage in angiogenesis which is the formation of new blood vessels used to feed these tumors and their accelerated growth. Curcumin has been shown to have significant inhibitory properties on angiogenesis. Other compounds also will produce this type of inhibition but Curcumin is recognized as one of the strongest.

Although Curcumin is possessed of really remarkably beneficial attributes it is not greatly bioavailable for human consumption. For Curcumin to “work its magic” it needs to have access to the cells of the body after being passed through the human digestive tract. In its natural form it does not possess this ability or as researchers would put it, “Curcumin has poor oral bioavailability”. But there are usually ways to solve problems and this instance is no exception.

Curcumin is easily dissolved in oil making it fat soluble. By dissolving the Curcumin in oil(fat) it becomes protected from the digestive actions of the stomach and the upper GI tract. When the Curcumin/Fat combination makes its way into the lower intestine it is absorbed and can enter the lymph system. By taking this pathway to the cells of the body Curcumin slips by the liver by what is called the “first pass phenomenon”. By doing this more Curcumin becomes directly available to the cells of the body.

Preparing Curcumin for consumption is quite easy to do but finding the right formulation that allows a person to ingest Curcumin without getting repulsed by the flavors involved takes some experimentation. A person could simply mix some Curcumin in warmed coconut oil and drink this down but many people might find this a bit off-putting. I have read where people will mix Curcumin in with warm milk mixed with chocolate and found this pleasant to ingest. A person would have to experiment to find what exactly would provide a pathway for the Curcumin to make its way into the body.

I personally get my Curcumin through mixing it in with my morning eggs. I cook up my scrambled eggs in coconut oil and when the eggs are deposited in the dish I place some

powdered Tumeric (95% Curcumin) over the eggs and mix it in. I finish this with a large spoonful of Chipolte salsa which is also mixed. The Tumeric/Curcumin gets nicely dissolved into the coconut oil and when consumed is in a much more advantageous form for bioavailability.

If you are interested in buying a very good form of Tumeric powder you can find the product I use at the following link. This is not an affiliate link and I make no money from it.

[Tumeric Powder - 95% Curcumin](#)

Thanks for taking the time to read this short essay. I hope it brings you knowledge and aids you in whatever health endeavors you undertake.