

K's Kitchen: Turmeric is no ordinary spice

By Kathryn Reed

A couple years ago a friend told me about the benefits of turmeric; enhanced memory being one. The irony is that I forget to use it.

Turmeric is the major ingredient in curry. It is a plant in the ginger family. For years, people in India have been cooking with it as well as using it as a medicinal herb.

I have added a teaspoon of turmeric to all kinds of foods. Like a yellow curry, your food is apt to change color. It's good to remember this, because not all dishes should be yellow.

Hundreds of studies have been done proving turmeric has a whole host of medicinal benefits.



Some of the results include:

- American Cancer Society – Cancer cells in laboratory tests were killed and it slowed the growth of surviving cells.
- Annals of Indian Academy of Neurology – Potentially

helps with early onset Alzheimer's.

- Works as anti-inflammatory.
- Lowers the risk of heart disease.
- Treats some symptoms of arthritis.
- Acts as an anti-depressant.
- Reduces high cholesterol.

The University of Maryland recommends $\frac{1}{2}$ to $1\frac{1}{2}$ teaspoons of turmeric for cooking.

Turmeric also is sold as a supplement. I've never used in this way. I've only used it for cooking.

I'm all for using something natural over taking a pill. And if it adds a little flavor to my food, bonus.