

Revised: Warren Jefferson, *Colloidal Silver Today: The Healing Power of Turmeric*, Healthy Living Publications Summertown, TN, 2015

Pages: 47

Golden Herb of Life

This ancient rhizome is surprisingly only a recent arrival in the West and offers great promise in treating disease, including acute coronary, Alzheimer's, cancer, psoriasis, and diabetes. It also inhibits growth of dangerous bacterial agents such as Methicillin-resistant *Staphylococcus aureus*.

The short book has a good balance of information on disease, dosage, and additional resources for further research (although some of the YouTube links are now broken).

"To satisfy the desolate and waste ground; and to cause the bud of the tender herb to spring forth."

Job 38.27, Authorized Version

The Golden Herb

The yellow turmeric rhizome contains a safe and powerful substance called **curcumin**. Used as a food staple in the East for millenia, it has only been well known in the West the last hundred or so years.

It has anti-inflammatory, anti-cancer, anti-Alzheimer's, anti-coronary, and anti-bacterial effects; these are documented in over 6,000 PubMed articles.[†]



"Curcumin has shown itself to be the king of Anti-inflammatory substances equal to the most powerful prescription drug."

Neurosurgeon Russell Blaylock, M.D.

"To satisfy the desolate and waste *ground*; and to cause **the bud of the tender herb to spring forth.**"

Job 38.27, Authorized Version

[†]See Warren Jefferson, *The Healing Power of Turmeric*, Healthy Living Publications. Summertown, Tennessee, 2015, p. 8ff.

The golden curcumin is extracted from rhizomes (tuber-shaped rootstalks) of the turmeric plant (*Curcuma longa*). It is in the ginger family.

It was first used to heal wounds, and is cultivated in India, Asia, and Africa in TCM and Ayurvedic medicine.

It treats acute coronary disease, Alzheimer's, cancer, psoriasis, and diabetes.

Doses up to 12g per day are safe.

Turmeric was introduced into Europe in the 13thC by Arab traders.

In 1937, Dr Albert Oppenheimer used sodium curcumin to stimulate bile flow and help gallbladder inflammation.

Turmeric is active against *Mycobacterium tuberculosis*, *Salmonella paratypi*, *Staphylococcus aureus*, and *Trichophyton gypseum*.

There are over 6,000 PubMed articles on curcumin.

Turmeric grows best in wet, hot climate between 68 and 86°F.

The rhizomes are biologically active and are dried, then ground into powder.

There are over 130 species of the plant.

India produces most of the world's supply (500T), exporting half.

Originally rhizomes were boiled in cow dung, but today in alkalinised water (i.e. water with NaHCO_3). Boiling is done from 40min to 6 hours.

The finished powder is light sensitive.

The main active agents are the aromatic tumerone and three curcuminoids (mainly curcumin).

Curcumin is not water soluble and poorly absorbed from the GI tract. Blood concentration can be increased 2,000% by combining with piperine.

Curcumin is a polyphenol.

Seventy percent of the Western disease burden is linked to metaflammation (chronic inflammation) which has no microbial infection source and is non-communicable. This type of inflammation is low grade and whole body. Air pollution, endocrine-disrupting chemicals, excess alcohol and excess exercise are factors.

Foods cooked at high temperatures (including pasteurised milk) create advanced glycolation end products (AGEs) and advanced lipoxidation end products (ALEs) which induce inflammation.

Curcumin treatment at about two grams per day reduced knee arthritis symptoms by 58%. Four times as much curcumin is as effective as the NSAID phenylbutazone.

Lab rats fed aluminium in their drinking water but treated with curcumin were somewhat protected from the poison.

Curcumin also stops MS and relieves chronic anterior uveitis (iris inflammation).

A 440mg daily oral dose of curcumin was 59% effective at reducing advanced colorectal cancer.

It is an effective antimutagen in cigarette smokers.

Eight grams of curcumin in advanced pancreatic cancer patients was ten percent effective.

Vibrio cholerae causes severe dehydration within hours.

Curcumin is effective against *Helicobacter pylori* and Herpes Simplex Virus (HSV).

Turmeric has not been studied in children.

Dal refers to Indian lentils.