

# PURSUIT OF GUT HAPPINESS

BOOK SERIES 1

## TURMERIC

TURMERIC, CURCUMIN AND THE DIGESTIVE SYSTEM

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## TURMERIC

### TURMERIC, CURCUMIN AND THE DIGESTIVE SYSTEM

I have grown up with turmeric as a part of my diet as part of my culture. Curcumin is an active ingredients of a spice called Turmeric. Turmeric is the root of a plant called *Curcuma longa*. It is an ancient herb and has been known to the Indians, Chinese and Eastern civilizations for thousands of years.

Turmeric is the uncrowned King of Spices. It is a key ingredient in every delicious Indian dish. Turmeric is used in cooking, drinks, skin care products and as an antiseptic.

Turmeric has a very sacred and spiritual place in the Vedic cultures as it is used in prayer ceremonies to the Gods.

## TURMERIC DECREASES INFLAMMATION IN THE BODY

Curcumin is a polyphenol with antioxidant properties and has been extensively studied all over the world including at MD Anderson Cancer Institute. It has shown benefit in suppressing NF kB & TNF-alpha a culprit molecule for inflammation.

There are thousands of research studies highlighting the benefits of curcumin on human health including benefits in decreasing pain & inflammation and promoting digestive health. According to numerous studies

Curcumin may have anticancer properties. Lots of gastrointestinal conditions have increased inflammation associated with them such as IBS, Colitis and Celiac disease. A new worldwide epidemic is fatty liver that is associated with inflammation and injury to the liver.

EAT MORE TURMERIC

Curcumin may be able to help with digestive symptoms by decreasing gut permeability and decreasing gut inflammation. Curcumin in its parent form Turmeric is part of almost all ayurvedic and herbal digestive health products.

Curcumin is converted by gut flora into tetrahydrocurcumin which is its active form. Then it is absorbed by gut lining cells and eventually transported to the liver from where it is spread all over the bodies.

Amongst all microbes in the gut E. coli has a big role in metabolizing curcumin.

ALL THAT GLITTERS IS TURMERIC.

I would encourage increase consumption of turmeric infused foods and drinks.

Indian food ( infused with spices and turmeric) is easily available in the World since Indians have emigrated all over the world and tend to bring their cultures with them.

Turmeric & spices will invigorate your mind and your gut. GO YELLOW !





DR. RAJIV SHARMA IS LOVING CALLED DR. RAJIV AND DR. GUT HAPPINESS BY HIS FOLLOWERS. HE IS A BOARD CERTIFIED GASTROENTEROLOGIST WHO EDUCATES PEOPLE ABOUT EATING CLEAN HEALTHY FOODS.

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