QUICK REFERENCE SHEET

TURMERIC

Cucuma longa

Plant Family: Zingiberaceae

Extraction Method: Steam and Solvent

Part Utilized: Rhizomes

Region of Origin:

India

AFFINITY FOR:

immune system, nervous system, circulatory system, joints, muscles

THERAPEUTIC PROPERTIES:

antiviral, antioxidant, anti-inflammatory, antiseptic, anticoagulant, digestive tonic, cytophylactic, galactagogue, calmative, carminative, emollient, antiparasitic

AROMATIC CONSIDERATIONS:

Turmeric has a warm, earthy, spicy aroma.

APPLICATION:

Always dilute Turmeric especially well. It can cause skin irritation if applied without dilution or applied too frequently.

CAUTIONS:

Turmeric may stimulate uterine contractions, so should be avoided or used sparingly during pregnancy.

INGREDIENT IN:

LeFortitude, LeIntensity, LeMariah, LeSafeGuard, LeSynopsis

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The emotional energy of Turmeric involves the proper exchange of time, talents, attention, money and material goods, or love and gratitude in our lives. These imbalances can exist between us and other people, or they may exist within ourselves and be manifesting as an eating disorder or a victim/servant mentality. However or wherever it may be expressed, the core emotion is usually lack of self-confidence or feelings of unworthiness. It may also stem from a misinterpretation of childhood teachings about service and love.

PHYSICAL ASPECTS:

Turmeric is valuable as an antiseptic for cuts and scrapes. It is also an anti-inflammatory, making it helpful with arthritis and fibromyalgia. Turmeric is a strong antioxidant, helping protect the body from free radical damage. Some studies suggest that Turmeric helps increase the productions of natural cortisone by the adrenal glands.

Turmeric has been shown to help reduce platelets from clumping together and clogging the arteries. Turmeric also increases circulation. These actions lessen the likelihood and minimizes the effects of atherosclerosis.

Turmeric is also beneficial in fighting influenza viruses, lessening the possibilities of an acute infection developing into an autoimmune disease.

GENERAL INFORMATION:

Turmeric comes from the root, or rhizome, of the plant, and is in the same family as Ginger.

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