Turmeric

The emotional energy of turmeric involves the proper exchange of time, talents, attention, money and material goods, or love and gratitude in our lives. Particularly useful for lack of self-confidence or feelings of unworthiness. It may also stem from a misinterpretation of childhood teachings about service and love. Turmeric is valuable as an antiseptic for cuts and scrapes. It is also an anti-inflammatory, making it helpful with arthritis and fibromyalgia. Caution during pregnancy.

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