



Benefits of turmeric

Turmeric or *haldi* is known to be one of nature's most powerful healers. It contains magnesium, potassium, manganese, iron, vitamin B6 and C, omega 3 and omega 6 fatty acids etc.

- Turmeric is fortified with analgesic and antiseptic properties. Apply on cuts and wounds to heal and avoid infections.
- For easing stomach disorders turmeric is useful. It helps digestion and gives relief from irritable bowel syndrome.
- Turmeric is known to aid in prevention of degenerative diseases like Alzheimer's and preventing growth of blood vessels in tumours.
- Drinking milk with a little *haldi* daily is good for strengthening bones and

help prevent Osteoporosis.

- Mix a little turmeric with *besan* and water. Rub this paste on your body, leave it for sometime and wash off later. This will make skin supple and make it glow.
- Because of its anti-inflammatory properties, turmeric is beneficial in treating arthritis and rheumatoid arthritis and skin ailments like psoriasis.
- It is rich in antioxidants and helps prevent formation of free radicals and other carcinogenic compounds that lead to cancer.
- To boost metabolism and reduce weight, turmeric is useful. It also acts as a blood purifier.
- To reduce cholesterol and a reduced risk of arteriosclerosis,

turmeric is helpful.

- In the general sense, turmeric is a great way to boost immunity. It helps in healing of internal injuries, helps purify the liver and the kidneys, too.

