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Debunking Medical Myths: Turmeric: The Wonder Spice?

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Turmeric: The Wonder Spice?

The Evidence:
Curcumin is a medically active component in turmeric that has been hypothesized to have anti-inflammatory properties.

The Myth: Turmeric can reduce inflammation
Despite many studies being done with curcumin, none have been able to indicate overall anti-inflammatory status.

Only 1-6% of turmeric is curcumin
Regardless of its effectiveness, curcumin levels in turmeric will often be too low to have any pharmacologic benefit.

Low Bioavailability
Low bioavailability of curcumin due to poor absorption and solubility limits its ability to have therapeutic benefits.

Potential Risks
Some FDA studies have found turmeric powders to be contaminated with lead.

Turmeric use with certain medications can have harmful adverse effects.

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Group Orange 28