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Debunking Medical Myths: Turmeric: The Wonder Spice?

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Turmeric: The Wonder Spice?

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The Myth: Turmeric can reduce inflammation



Curcumin

is a medically active component in turmeric that has been hypothesized to have antiinflammatory properties.

The Evidence:

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 curcurmin 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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