Curcumin is the most abundant natural phenol (curcuminoid) present in turmeric, the Indian curry spice, and gives it its yellow color. Obtained from the rhizomes of the Curcuma longa plant, turmeric powder is used extensively in South-Asian cooking and food preservation. Due to its various medicinal properties, turmeric is still used in Ayurvedic medicine for skin, respiratory and gastrointestinal ailments, liver disorders, muscle sprains, joint pains and wound healing. In the past few decades, curcumin has been studied to evaluate its anti-oxidant, anti-inflammatory and immune modulation properties.

As antioxidants, curcuminoid compounds help maintain a healthy cardiovascular system by improving the viscosity of blood and reducing plaque formation in the arteries, both of which obstruct proper blood circulation. Recent studies show that curcumin helps maintain cholesterol levels by reducing low-density cholesterol (LDL) and triglyceride levels. In addition, it can reverse insulin resistance in the early stages of diabetes and support the action of some antidiabetic prescription drugs.

By acting as a free radical scavenger curcumin can prevent oxidative DNA damage. This damage to cellular DNA is known to initiate cancer by converting a normal cell into a cancer cell. The anti-cancer properties of curcumin include various cellular mechanisms such as reduction in cancer cell growth, initiation of apoptosis (cancer cell death), inhibition of collagen digesting matrix metalloproteinase (MMP) enzymes and prevention of angiogenesis. By inducing the enzymes involved cell death, curcumin can selectively eliminate cancer cells formed in the organ systems. Moreover, curcumin demonstrates actions very similar to the most recently developed anti-cancer drugs, such as Herceptin, Humira and Avastin etc., all of which have dangerous short- and long-term side effects. While these drugs are immune suppressors, curcumin has potent immune modulator properties as it can activate the white blood cells (WBCs, or “police cells”) and natural killer cells that help in fighting infections.

We studied the efficacy of the combination of curcumin, quercetin, resveratrol and other natural plant derived compounds against melanoma (skin cancer) cells. This specific mixture exhibited signif-
Significant anti-cancer effects by inhibiting cancer cell
growth by 80% and completely blocking the MMP
enzymes responsible for the growth and spread
of cancer. This combination also induced apoptosis
in melanoma cells. The number of dead cells
increased with larger doses of the mixture.

Curcumin's anti-inflammatory potential is one of
its most commonly researched aspects. It helps
reduce inflammation by regulating inflammatory
markers, such as cyclooxygenases (COX) enzymes
and cytokines. COX-2 enzyme inhibitors are the
most frequently prescribed non-steroidal anti-
inflammatory drugs (NSAIDs) for symptomatic
relief of arthritic pain. However, clinical trials have
proven that curcumin supplementation is as effec-
tive as ibuprofen and other NSAID painkillers in
reducing the symptoms of arthritis. In addition,
curcumin possibly reduces the cartilage degrada-
tion that is responsible for painful joints.

Due to its unique ability to cross the blood-brain
barrier (a protective mechanism that maintains a
constant environment around the brain),
curcumin is being studied extensively in many
types of dementia including Alzheimer’s disease.
It has been shown that in synergy with vitamin D
it can reduce the amyloid plaques that are char-
acteristic of Alzheimer’s disease.

With such multi-faceted health promoting
actions, curcumin is more than just a “curry
spice” and should be included in our daily
health regimens.

Ref:
3. MW Roomi et al., Proceedings of the 102nd Annual Meeting
   of the AACR, Vol 52, Abstract #1503, p.361

Important Health Information for All

This information is provided to you courtesy of the
Dr. Rath Research Institute. Led by two former
colleagues of two-time Nobel Laureate Linus Pauling
(† 1994) this institute has become a leader in the
breakthrough of natural health research in the field
of cancer, cardiovascular disease and other common
diseases. The Institute is a 100% subsidiary of the non-
profit Dr. Rath Foundation.

The groundbreaking nature of this research poses a
threat to the multi-billion dollar pharmaceutical
“business with disease.” It is no surprise that over the
years the drug lobby has attacked Dr. Rath and his
research team in an attempt to silence this message.
To no avail. During this battle, Dr. Rath has become
an internationally renowned advocate for natural
health saying, “Never in the history of medicine have
researchers been so ferociously attacked for their dis-
coveries. It reminds us that health is not given to us
voluntarily, but we need to fight for it.”

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