

Curcumin (Turmeric) excerpts from book: Cancer Step Outside The Box (6th edition)...
by Ty Bollinger at thetruthaboutcancer.com

Turmeric (curry) is known as “the golden spice of life” and has been used in Indian cuisine for thousands of years. As a matter of fact, it is impossible to think of Indian food without turmeric. Curcumin, the active ingredient in turmeric, has several cancer-fighting properties. A recent study found that curcumin can actually repair DNA that has been damaged by radiation. This is very good news, because one cannot avoid all radiation sources. According to University of Chicago scientists, curcumin inhibits a cancer-provoking bacteria associated with gastric and colon cancer. (Magad GB, Anticancer Research, Nov- Dec 2002). Yet another anti-cancer property of curcumin is that it is a powerful antioxidant. It can therefore protect our bodies from free radicals that damage DNA. This is also why turmeric (which contains curcumin) can be used for preserving foods. Tests in Germany, reported in the Journal of Pharmacy & Pharmacology in July 2003, found that “all fractions of the turmeric extract preparation exhibited pronounced antioxidant activity.” Turmeric extract tested more potent than garlic, devil’s claw, and salmon oil.

In the January 27, 2007, issue of the Journal of Clinical Immunology, scientists at M. D. Anderson Cancer Center in Houston stated: “Curcumin can suppress tumor initiation, promotion and metastasis. Pharmacologically, curcumin has been found to be safe. Human clinical trials indicated no dose-limiting toxicity when administered at doses up to 10 g/day. All of these studies suggest that curcumin has enormous potential in the prevention and therapy of cancer.” (Aggarwal, BB et al, Anticancer Research, Jan-Feb 2003) And in the June 1998 issue of Molecular Medicine, researchers at Harvard Medical School published their findings that curcumin inhibits angiogenesis (the formation of new blood vessels) which tumors use to nourish themselves as they spread. Curcumin can also protect cells against xenoestrogens because it can fit to the same receptor as estrogen or estrogen-mimicking chemicals. In a study on human breast cancer cells, curcumin reversed growth caused by a certain form of estrogen by 98% and growth caused by DDT by 75%. Turmeric has been considered to be “skin food” in India and other cultures for thousands of years, due to the fact that it cleanses the skin, helps it maintain elasticity, nourishes the skin, and balances the effects of skin flora. Several animal studies have demonstrated that turmeric inhibits the growth of a variety of bacteria, parasites, and pathogenic fungi.

Since curcumin is found in the spice turmeric, and turmeric is the principal ingredient in curry, you can enjoy the protective benefits of curcumin by just adding curry spice to your foods. If you combine curcumin with black pepper, it multiplies the effectiveness of curcumin by 1,000 times. It makes it the most powerful “natural chemotherapy” you can ever experience. In the words of Mike Adams, The Health Ranger at NaturalNews.com, “You eat curry and pepper, and add some broccoli, and for the next 48 hours, your body will be destroying cancer tumors better than any chemotherapy known to modern science!”

The Powerful Health Benefits Of Curcumin...
November 26, 2013 by Dr. David Jockers (drjockers.com)

(NaturalNews.com) The orange Asian herb turmeric has been traditionally used for centuries by Ayurvedic and Chinese medicine. Curcumin is the most powerful active anti-inflammatory compound within turmeric. Curcumin has been shown to be a powerful suppressor of chronic inflammation-mediated disease processes. Many Asian cultures use turmeric in nearly every

meal. They rave of its anti-aging and medicinal benefits. Western medicine has just begun to research its components at a very deep level to better understand turmeric's remarkable health properties. Over 240 studies have appeared in the mainstream literature demonstrating curcumin's cancer-preventive effects.

Curcumin and blood sugar stability...

Curcuminoid polyphenols are the primary antioxidant in turmeric root. Curcumin is the principle curcuminoid, and it is responsible for the majority of health benefits attributed to turmeric. The other curcuminoids include desmethoxycurcumin and bis-desmethoxycurcumin. Blood sugar imbalances and insulin resistance are huge factors that promote inflammatory conditions in the body. Elevated blood sugar creates hazardous glucose cross-links with proteins, causing Advanced Glycolytic Enzymes (AGEs) to form. These AGEs damage cell membranes, vital enzyme systems and perpetuate inflammatory conditions throughout the body. Curcumin modulates blood sugar and improves insulin receptor function by improving its binding capacity to sugar. Curcumin activates PPAR (peroxisome proliferator-activator receptor), which is a group of key nuclear proteins that regulate gene expression and modulate sugar uptake and utilization in the bloodstream. Curcumin also reduces the activity of specific liver enzymes that release sugar into the bloodstream while activating enzymes that store sugar as glycogen. Research on diabetic rats resulted in blood glucose stabilization and lowered triglyceride levels in the group that consumed curcumin.

Curcumin as an antioxidant...

Turmeric is the fourth most antioxidant-rich herb with an Oxygen Radical Absorbance Capacity (ORAC) of 159,277. The curcuminoids boost levels of the body's most potent antioxidants including glutathione, superoxide dismutase and catalase. These molecules are critical for the body to limit oxidative stress-related damage to the vital organ systems. Curcumin has been shown to reduce inflammation-mediating prostaglandins, cytokines and other molecules such as interleukin 6, nuclear factor-kappa beta (NF-kb) and tumor necrosis factor-alpha (TNF-alpha). With a high enough dosage, this has the ability to pull the body out of a strong inflammatory cascade and reset anti-inflammatory behavior at the cellular level.

Curcumin and cancer...

Research done by the Life Extension Foundation found that curcuminoids target ten factors involved in cancer development. This includes chronic inflammation, DNA damage and disruption of cell signaling pathways. Curcumin supplementation was shown to destroy cancer cell mitochondria, disrupt the cancer cell cycle and arrest stem cell development that facilitates further cancer cell formation. There are hundreds of other studies that have shown that curcumin turns on natural apoptotic (cell suicide) switches in cancer cells. They also reduce inflammatory prostaglandins that promote cancer cell growth. A study out of China showed that curcumin was able to induce apoptosis within triple negative breast cancer (TNBC) cells. TNBC is a type of cancer that defies conventional chemotherapy and radiation.

Best dosages of curcumin...

For optimal curcumin absorption, it is necessary to combine the turmeric with good fats such as coconut oil, milk or olive oil. You will also want to add a dash of black pepper for the piperine molecule that enhances curcumin uptake. You can also find fermented turmeric in an organic acid base which has an extraordinarily high absorption rate. For individuals with chronic inflammatory diseases such as cancer, it is recommended to supplement with high-dose curcumin. Find one that is made with piperine in an enteric coating that protects the nutrient

from stomach acid for optimal absorption. An official dosage has not yet been established by the scientific literature. However, studies involving human patients with cancer found that curcumin doses of 3.6 grams or more daily had the best effect. Curcumin regulates tumor suppressor pathways and triggers mitochondria-mediated death in the cancer tissue. Curcumin is anti-angiogenic, which means that it shuts down the ability of cancer cells to form new blood vessels for blood supply and fuel. This effect makes cancer cells more vulnerable to pharmacological treatments such as chemotherapy and other cancer-control drugs. Dr. David Jockers

PS from Factor Ready: We were advised back in 2004 by a nationally known PhD and Certified Nutritionist (formerly with a major chain of cancer centers) to take at the very minimum for aid in cancer prevention: A strong Multi-Vitamin, Curcumin, Fish Oil and Green Tea. We would especially recommend Curcumin be taken daily, with it's reported ability to deal with dangerous cancer "stem" cells which are normally not deleted with traditional chemo and radiation (see our pdf "StemCellKillers" article). The three forms reportedly providing the best absorption are C3 Complex, Longvida or BCM-95. Bio-perine (black pepper) is often used to assist absorption in some lesser cost formulas. There are numerous brands of Curcumin on the market, including the unique proprietary Sanjevani Bosmeric SR-120 as offered at betterwayhealth.com. Also see the fermented Tumeric3D (with Vitamin D3) found at organixx.com, as well as the Turmeric Strength Whole Body formula produced by MegaFood.com. A Liposomal version of Curcumin is found at PuraThrive.com. We also like the Bio-curcumin offered at Life Extension (lef.org) for a basic formula. Note: For real economy, Ground Turmeric organic Root powder such as from BlueLilyOrganics.com, amazon, etc, can be simply added to food, salads, etc. Note that capsules are often easier to utilize as the powders can present spill stains. Curcumin is indeed a highly overall helpful and very multi-beneficial health substance well worth our regular consumption for many reasons besides targeting cancer. An extremely informative video dvd of "Your Health" (TV program with Dr. Richard and Cindy Becker) specifically on "Curcumin-The Spice of Life" (show 1580) is available whenever this segment aired in past 30 days from BioInnovations.net (888-442-2128). We highly recommend the daily intake of Curcumin, as does Doctor Becker. One UK lady reported resolving her cancer with 8 grams of the curry spice daily (which would be about 2 level teaspoons). See her remarkable story at web site: <http://www.dailymail.co.uk/health/article-4726136/How-curry-spice-helped-dythe-ing-woman-beat-cancer.html>.

Also, see our Health tab article at FactorReady.com which lists our main health and cancer retarding suggestions based on input gained from various well regarded alternative sources. We recommend all the steps and resources set out there, which include a whole food plant based diet for most, such as described at nutritionstudies.org (The China Study), MyHdiet.com, etc. Plus, Transfer Point brand Beta Glucan 1,3D for vital immune system support (see the download pdf article "What Is Beta Glucan"). If interested in a mushroom based immune supplement look into the 7M+ product at organixx.com. Plus, do take a good all-natural whole food and organic multi-vitamin (not synthetic) such as NewChapter.com, GardenOfLife.com, or organixx.com (and supplement any for additional cancer prevention with extra Vitamin D3 and C in most cases). As mentioned, Fish Oil (and/or Krill Oi) EPA/DHA remain important, as does Green Tea (Macha type being the most potent). Definitely the fresh juicing of organic fruits and vegetables should be employed. Also, consider daily some powdered SuperFood for additional cellular nutrition such as BarleyMax at MyHdiet.com and Garden of Life Perfect Food Raw Organic at Amazon, or the OrganiGreens at organixx.com. Stay Well, Stay Prepared and Stay Prayed Up!