

Fight Inflammation with This Turmeric and Lemon Morning Elixir...

excerpts from: thenutritionwatchdog.com ...December 13, 2016...

Today's blog is republished from my friends at TheAlternativeDaily, and I wanted to share it on our blog here because its a really interesting way to get a couple more superfoods into your daily diet, and fight inflammation in your body...By Stephen Seifert, TheAlternativeDaily.com

Starting the day with your morning routine may suit your needs just fine. A bit of yoga, maybe meditation, a shower, a healthy breakfast with organic coffee, and then out the door. Does this sound familiar? If so, your morning routine is already exceptional. But we have a mighty elixir that can compliment your regimen wonderfully. You may have heard that warm lemon water will get those pipes working in the morning and optimize your health. You may even drink warm lemon water with Himalayan salt, or warm lemon water with honey in the morning. However, have you heard of warm lemon water combined with honey, cinnamon, and the most essential ingredient to this morning elixir, turmeric? If you have yet to try this one, you may be missing out on an excellent way to begin your day. All-natural lemon and turmeric are especially powerful ingredients that boast a wealth of beneficial properties.

Lemons offer a tasty, tart flavor with many health-promoting properties. According to a study published in the Chemistry Central Journal (2015), lemons possess a treasure trove of natural metabolites. The study authors state, "Citrus fruits exhibit plentiful bioactivities including antioxidant, anti-inflammatory, anti-cancer, antimicrobial and anti-allergy activities, as well as cardiovascular effect, neuroprotective effect, hepatoprotective effect, obesity control, etc." Lemons are indeed a healthy ingredient to enjoy at the beginning of the day. However, when you couple lemon with turmeric, your health and wellness benefits increase significantly.

Turmeric (*Curcuma longa*) is a yellow-orange spice that is part of the ginger family. Native to tropical South Asia, turmeric is well known in traditional Asian medicine and cuisine. More recently, its health benefits have been recognized in Western medicine. According to a study published in the Journal of Nephropathology (2012), "Turmeric, a neglected Asian traditional drug might reemerge as remedy and/or preventive tool for various illnesses including different type of cancers, obesity, type-2 diabetes, hyperlipidemia, hypertension, CKD [chronic kidney disease] and ESRD [end stage renal disease], which are steadily increasing globally, claiming many lives and tremendous amount of resources worldwide."

One active ingredient in turmeric, curcumin, has been the focus of several academic studies. Curcumin may alleviate inflammation: According to research from the Department of Stomatology at the University of California, San Francisco, curcumin possesses anti-inflammatory properties. The research, published in the Journal of Alternative and Complementary Medicine (2004), found that curcumin, "may exert its anti-inflammatory activity by inhibition of a number of different molecules that play a role in inflammation."

Curcumin's anticancer potential: Curcumin may play a vital role in cancer prevention, according to a study published in BioMed Research International (2014). Previous research has highlighted curcumin's antioxidant, antibacterial and antitumor properties, according to the study, which concluded, "Curcumin, a vital constituent of the spice turmeric, is an alternative approach in the prevention of cancer."

TURMERIC & LEMON ELIXIR...from: TheNutritionWatchdog.com...December 2016...

Therapeutic applications of curcumin: According to a review study published in the AAPS Journal (2013), “curcumin has shown therapeutic potential against a number of human diseases,” including multiple types of cancer, inflammatory bowel disease, irritable bowel syndrome, arthritis, peptic ulcers, psoriasis, H. pylori infection, Alzheimer’s disease, acute coronary syndrome, atherosclerosis, diabetes, and respiratory tract infections.

The Turmeric and Lemon Morning Elixir...

1 serving

Prep Time- 5 minutes

Cook Time- no cooking

Ingredients: What you’ll need...

1/2 of a lemon, squeezed for juice

1/4 – 1/2 tsp turmeric

1/2 tsp honey

1/4 tsp cinnamon powder

1 cup warm water, and/or coconut milk (the coconut milk adds healthy fats, and helps absorption of turmeric)

How to make it...

Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.

Turmeric with its main active ingredient, Curcumin, may be that one healthy addition to your morning routine you’ve been looking for, and can help you fight inflammation in your body. I enjoy this elixir nearly every morning with fruit, which adds a sweet, delicious twist. What healthy alternatives get your morning off to a perfect start?—Stephen Seifert

Note from The Nutrition Watchdog...

I would highly suggest always making sure to take turmeric with a source of FAT... taking turmeric with fat greatly helps your body absorb it. So you could add a splash of MCT oil (coconut based) or even olive oil to this daily drink concoction to help your body absorb it better...

PS from FactorReady.com: For a light but healthy breakfast in addition to the above drink, we’d suggest adding a couple of pieces of toast, buttered with any good brand of organic virgin coconut oil in place of any butter. This would meet the good fat suggestion from Nutrition Watchdog above. Then, sprinkle some Black organic Cumin Seeds on the toast as they (like Curcumin) are very anti-inflammation and anti-cancerous themselves. Both can be acquired from BlueLilyOrganics.com and others. The main ingredient in Turmeric, Curcumin, can even destroy cancer “stem” cells. These are “mother” cells that can create dangerous spreads of cancer, that are not normally rendered harmless by the usual chemo or radiation treatments attacking tumors. The raw organic Nigella Sativa (Black Cumin) Seeds also help eliminate these stem cells too. Visit our web page at FactorReady.com and read the Health tab article, as well as health specific pdf articles under the Downloads tab. We have posted considerable health tips that can help avoid or even help eliminate cancers, which now strike 1 out of 2 males or 1 out of 3 females (especially see our Supplement List for recommended items). Stay Well, Stay Prepared and Stay Prayed Up!

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