



# *The powerhouse spice* **TURMERIC**

Turmeric is a spice that has been used for centuries both in foods and medicinal remedies. There are even things like turmeric gummies you can take – but is the hype legit?

There is research to suggest that the active compound in turmeric, curcumin, has promising anti-inflammatory and antioxidant effects. This compound is what gives turmeric its bright yellow color and has been shown to play a role in blocking the inflammatory response pathway, as well as providing antioxidants that fight free radical damage. This is a big deal when it comes to preventing disease; chronic inflammation in the body can contribute to disease onset for conditions such as heart disease, Alzheimer's, and even cancer.

So what's the best way to get in this health-promoting powerhouse spice? Pair it with fat and black pepper! Turmeric is fat soluble, and a compound in the black pepper helps your body absorb the curcumin and maximize its benefits.

## **Try this Golden Milk recipe to help you unwind before bed**

### INGREDIENTS

- 1 ½ cups non-dairy, unsweetened milk such as cashew or almond
- 1 tsp ground turmeric
- ¼ tsp ground cinnamon
- 1/8 tsp ground ginger
- 1 Tbsp pure maple syrup
- ½ tsp vanilla extract
- Pinch of black pepper

### DIRECTIONS

1. In a saucepan, mix all ingredients together, place over medium heat and whisk until hot and thoroughly combined, about 3 minutes
2. Remove from heat and serve hot