- like carrots, sweet potatoes and fresh greens
- Helps to absorb beta-carotene, a B vitamin antioxidant, from foods
- Inhibits production of cholesterol and triglycerides and reduces formation of blood clots and arterial plaque
- of fibrous plaques in the brain, slowing or preventing Alzheimer's
- Reduces inflammation in tissues and brain cells, reduces formation
- Potential benefits of using turmeric regularly
- 8 Calories, 1/2 gm protein, 1/2 gm fiber, 0 fat, no cholesterol

One inch raw chopped root or 1 tsp powdered provides:

Health Benefits of the Turmeric Root

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

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Is a powerful antioxidant protecting against cell

like carrots, sweet potatoes and fresh greens

formation of blood clots and arterial plaque

Potential benefits of using turmeric regularly

heart disease, stroke and Alzheimer's.

properties and may help reduce risk of

anti-inflammatory and antioxidant

Turmeric is a spice derived from the

ULMERIC KOOT

root of the turmeric plant. It has

semyzne inebixotine s'ybod edt strood bne egemeb

Turmeric is a spice derived from the root of the turmeric plant. It has anti-inflammatory and antioxidant properties and may help reduce risk of heart disease, stroke and Alzheimer's.

urmeric Root



Healthy

Eating

🌶 Active

Living

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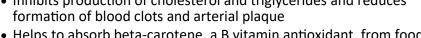
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• Is a powerful antioxidant protecting against cell damage and boosts the body's antioxidant enzymes

www.advancedhealth.com/healthy-bytes-initiative

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