

www.advancedhealth.com/healthy-bytes-initiative

- Is a powerful antioxidant protecting against cell damage and boosts the body's antioxidant enzymes
- Like carrots, sweet potatoes and fresh greens
- Helps to absorb beta-carotene, a B vitamin antioxidant, from foods like carrots, sweet potatoes and fresh greens
- Inhibits production of cholesterol and triglycerides and reduces formation of blood clots and arterial plaque
- Reduces inflammation in tissues and brain cells, reduces formation of fibrous plaques in the brain, slowing or preventing Alzheimer's

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



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.

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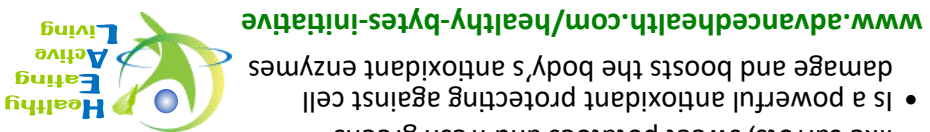
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