

Healing Spices: Turmeric Root & Ginger Root

By Renee Lea-Currie, Ph.D.
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Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Isaiah 41:10

If you know someone who experiences arthritis pain, swollen painful joints, skin problems, allergies, asthma, and long term pain management issues- PAY ATTENTION. God has given us turmeric and ginger roots for healing from many issues and relief is in sight.

What is turmeric you ask? It is the yellow spice from a root (similar to ginger) commonly found in Indian and Asian inspired dishes such as yellow curry. The curcumin compounds in the turmeric root are powerful anti-inflammatory agents that have been clinically shown in good research studies to give relief to a host of issues related to inflammation including asthma, allergies, arthritis, and skin conditions such as eczema, psoriasis & hidragenitis. There are also currently clinical trials to further test curcumin for slowing colon and breast cancer cell growth, skin lightening, cancer treatment side effect relief and immune system stimulus.

There is lots of good scientific data supporting the anti-inflammatory nature of turmeric and the benefits of supplementation. I always prefer to get my medicine from food sources but I found that turmeric capsules offer added relief I never expected. I urge you to FIRST talk with your physician or your local pharmacist to make sure turmeric supplements are right for you. It is a good idea to discuss ALL the medications/supplements you are taking to ensure there are no interactions. You and your doctor together may even be able to reduce or eliminate some medicines. I prefer to stick with these brands with good quality control with a standard amount of curcuminoids (curcumin compounds) per 400-500g tablet/capsule. You can purchase Turmeric (Curcumin) online at amazon.com or from any of the brands listed below locally:

Store	Brands
Harris Teeter	Nature's Bounty*
Lowes Foods	Sundown Naturals**
CVS	Sundown Naturals, Nature's Way, Radiance Turmeric (400mg)***
GNC	Nature's Way, GNC brand
Whole Foods, Earth Fare, co-ops	Organic India, Nature's Way, New Chapter

* Nature's Bounty brand turmeric contains porcine gelatin.

**Sundown Naturals is frequently on sale buy 1 get 1 free at CVS & Lowes Foods

*** Radiance brand (CVS) contains beef gelatin. All other brands listed above are vegetarian/vegan.

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

Ginger is the root of a plant used for years to combat nausea and digestive problems. The problem with current ginger ale products is that regardless of the marketing language on the front, they contain no real ginger. For **REAL** ginger ale in our area, go to Food Lion or Company Shops to purchase Reed's Ginger Brew or Extra Ginger Brew (non-alcoholic) made with 17 & 25 grams of real ginger. In fact it is one of the brands recommended by pharmacists for chemotherapy patients to combat nausea. Another source is to make your own ginger ale or ginger tea. You can boil fresh peeled ginger root and sweeten or use the Traditional Medicinals Ginger tea (not the Ginger Aid) as this only contains ground organic ginger root. Find at Company Shops, Whole Foods, Kroger, & Target.

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ALLERGIES
 ALZHEIMERS
 ARTHRITIS
 ASTHMA
 BLACKPEPPER
 BOOSTER
 CANCER
 CURCUMIN
 CURRY
 DEMENTIA
 ECZEMA
 GINGER
 GINGERALE
 IMMUNE
 INFLAMMATION
 LIGHTEN
 NAUSEA
 PAIN
 PSORIASIS
 ROOT
 SIDEEFFECTS
 SKIN
 SUPPLEMENTS
 TURMERIC
 YELLOW

Did you know the shelf life of ground spices is 2-4 years.

Source: www.mccormick.com/Gourmet

Cooking Tip
 Freeze peeled ginger or garlic for easy grating

Wear gloves when handling fresh turmeric or it will stain your hands and anything it touches yellow.

Serve in clear plastic, glass, ceramic or disposable paper cups to avoid staining colored plastic cups

RECIPIES USING TURMERIC AND GINGER SHARED BY PHILADELPHIA SDA CHURCH MEMBERS

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Dr Sanjay Gupta's Creamy Turmeric Tea Recipe

Dr. Gupta says that his Creamy Turmeric Tea is a wonderful way to wind down and stay healthy. Turmeric has been used for many years in parts of Asia and they credit this powerful spice with their low rate of Dementia.

- 1 cup Almond Milk
- 1 teaspoon Cinnamon
- ½ teaspoon Turmeric
- 1 teaspoon honey
- ¼ teaspoon ginger

Warm the Almond Milk and add the rest of the ingredients for a comforting drink that will keep your brain sharp and help you live longer!

Nature's Flu Shot

- Juice of 3 lemons
- 1 garlic clove, minced
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon ginger powder
- 1/8 teaspoon cayenne pepper
- 1 ½ cups organic pineapple juice
- 1 tablespoon raw honey

Blend in a blender or shake in a jar.

Drink ½ cup a day during flu season or three times/day if you feel you are starting to get sick

Renee's Refreshing Turmeric Tea (RRTT)

- Prepare 2 cups boiling water
- Add ½ cup chopped Fresh turmeric root
- Add Agave nectar, honey or raw sugar to your taste
- Chill in refrigerator. Serve cold or over ice.
- I drink 6 oz in morning & at night during allergy season.

Homemade Ginger Ale

- Add ½ cup fresh grated ginger root (or 4-5 ginger root tea bags) to 2 cups boiling water
- Add ½ cup agave nectar or ¾ cup raw sugar
- Stir to mix well. Cool this ginger tea to room temperature or chill overnight in refrigerator
- When ready to serve mix equal amounts of the sweet ginger tea and plain sparkling water. Serve immediately