“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

MAYA ANGELOU

Curcumin is also in lactoferin!!

In addition to its use as a culinary spice, turmeric has been used traditionally in India as a disinfectant and treatment for laryngitis, bronchitis, and diabetes. Turmeric is derived from the rhizomes (underground stems) of the plant Curcuma Longa, a member of the ginger family. It is responsible for the yellow color of Indian curry and American mustard. Curcumin, which has powerful antioxidant and anti-inflammatory properties, is the most active constituent of turmeric.

BENEFITS OF TURMERIC
Regulate blood sugar
Faster wound healing
Protect against Alzheimer’s
Lower inflammation
Ease arthritis
Lose weight