

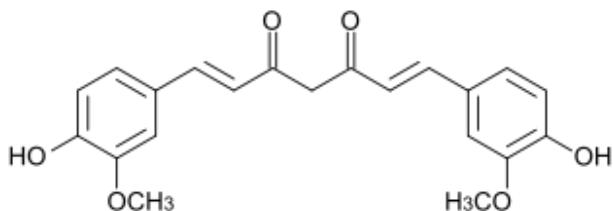
# Turmeric: a Natural Antidepressant more effective than Prozac

According to a recent clinical study published in the journal "Phytotherapy Research", it has been proven that this spice offers incredible health benefits. We already knew that turmeric had anti-inflammatory and anti-carcinogenic properties, but we had not yet been able to demonstrate its effects on the mind and behavior.

This research proved that this root is much more effective in treating depression than the drug "Prozac". Turmeric is a **Natural antidepressant**.

Apparently, the main compound of turmeric, curcumin, would be as effective as Prozac and with no side effects. In comparison, if you are taking Prozac, here are some of the side effects you may have: anxiety, decreased sexual drive, stomach upset, diarrhea, dizziness, weakness, tiredness, headaches, reduced appetite , Drowsiness, increased sweating, etc.

## Curcumin



Curcumin chemical structure

The main active ingredient in this root is curcumin, which is a powerful antioxidant, giving it its medicinal preventive properties of cancer and its important anti-inflammatory

effects. It is transformed into a spice rich in starch (45 to 55%) and also contains curcuminoids, which are very powerful natural dyes; Here is why this spice tends to very easily try the clothes. Finally, turmeric contains essential oils (2 to 4%). Curcumin remains the main component of the plant (50-60%).

## **Health benefits of Turmeric**

Today, many studies point to the anti-cancer and anti-inflammatory benefits of this spice on the body. Note also that in countries where they consume daily, there are far fewer cancers in Western countries (especially colon cancer in India). therefore studying increasingly turmeric for its anti-cancer and anti-inflammatory. On the other hand, it is excellent to protect the digestive organs, the liver but also to effectively purify the blood, which can eliminate many skin problems and effectively reduce cholesterol levels. Finally, the Turmeric is traditionally used to treat inflammation of the intestine, treat ulcers, and all inflammatory diseases, such as Crohn's disease.