

Product Profile

TURMERIC

Curcuma longa

Liquid extract of dried whole rhizome.

Actions: Antioxidant. Anti-inflammatory. Antihepatotoxic. Inhibits platelet aggregation. Depurative. Inhibits cancer and tumor growth. Cholagogue to increase bile flow. Reduces cholesterol in blood and liver. Topically antibacterial and antifungal.

Uses: Various inflammatory conditions: fever; infections; rheumatoid arthritis and osteoarthritis; asthma; inflammatory skin disorders like eczema and psoriasis. Dyspepsia and poor digestion. Poor liver function, jaundice, and gallstones. Hypercholesterol. External treatment of skin lesions, skin cancer, hemorrhoids, eczema, and psoriasis.

Dose: Take 30 to 40 drops, 2 to 5 times per day. Can be applied topically either full strength (which can sting if skin is broken or highly inflamed), or dilute to tolerance with water.

Cautions: Large doses may produce colic in cases of gallstones, or obstruction of bile ducts or intestines. Consult a qualified midwife or physician before taking during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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