Benefits of Turmeric

- Natural antiinflammatory
- Natural antibiotic
- Natural antiseptic
- Natural analgesic
- Speeds up wound healing
- Improves digestion
- Blood purifier
- Strengthens ligaments
- Skin tonic
- Helps coughs
- Improves asthma
- Antiarthritisic
- Slows progression of MS
- Helps prevent gas/bloating
- Lowers cholesterol
- Heals stomach ulcers
- Improves skin conditions (psoriasis, eczema, etc)
- Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia)
- Prevents progression of Alzheimer’s
- Aids in fat metabolism and weight management
- Reduces side effects of chemotherapy

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