

Spices... great taste, and good for your body, too!

'Holy Powder' Makes Your Cell Membranes Behave for Better Health

The marigold-colored spice known as turmeric, which is revered in India as "holy powder," has been used for centuries to treat wounds, infections and other health problems. In recent years, **there has been increasing research into turmeric's main ingredient, curcumin, and its astonishing array of antioxidant, anti-cancer, antibiotic, antiviral and other properties.**

Now, researchers have discovered that curcumin acts by inserting itself into cell membranes and making them more orderly, a move that improves cells' resistance to infection and malignancy.

Scientists had previously speculated that curcumin does its health-promoting work by interacting directly with membrane proteins, but the new findings challenge that notion. Instead, curcumin appears to regulate the action of membrane proteins indirectly, by changing the physical properties of the membrane.



Sources:

» [Eurekalert March 6, 2009](#)

» [Journal of the American Chemical Society March 3, 2009](#)

Cinnamon: contains cinnamic acid, which has **anti-cancer properties** via its polyphenols. Studies have shown a significant **reduction in cholesterol** with as little as ½ teaspoon per day. *Ingredient in Your Spice of Life blend, **Cocoa Joe** and **Sweet Asian**.*

Lemon: contains vitamin C, believed to have **anti-viral** and **anti-bacterial** properties. *Ingredient in Your Spice of Life blend, **Rosemary's Chicken**, and **Sunny Sicilian**.*



Cumin and **Turmeric:** Curcumin, which **blocks cancer-causing chemicals**. *Ingredient in Your Spice of Life blend, **Fiery Fusion**, **Feisty Fiesta** and **Thai in a Bottle**.*

Cayenne: contains quercetin, a flavanoid that **slows the buildup of sticky platelets**. *Ingredient in Your Spice of Life blend, **Racy Paprika**.*

Garlic: anti-oxidant, can lower blood pressure, boost immunity, reduce heart disease, equalize blood sugar, and is believed to be anti-viral, anti-fungal and anti-bacterial. *Ingredient in Your Spice of Life blend, **Rosemary's Chicken** and **Tangy Citrus**.*

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