



January Newsletter

What is Turmeric?



Turmeric is a spice that comes from the turmeric plant. It is commonly used in Asian food and is the main spice in curry. Turmeric has been used in India for thousands of years as a spice and medicinal herb.

Curcumin is the main active ingredient in turmeric. This yellow-colored chemical is also used widely to make medicine and to color foods and cosmetics. Curcumin is a plant that grows in Southeast Asia. Most Europeans & Americans first encountered this spice in Indian curries, but now it is also widely used in non-Asian kitchens. Using turmeric in meals is the best way to enjoy its medicinal benefits.

Turmeric offers an array of health benefits such as:

- Increases antioxidants in the body
- Aids in controlling Diabetes
- Prevents/treats Cancer
- Helps lower Cholesterol
- Helps in the prevention & treatment of Alzheimer diseases
- Treatment for skin conditions
- Treatment of depression
- Treats gastrointestinal conditions
- Has protective effects on gut lining and liver
- Anti-inflammatory
- Helps relieve Arthritis
- Helps control weight
- Reduces the risk of heart attack
- Better sleep
- Serves as a natural pain killer
- A natural remedy for flu and cough (turmeric milk)
- Relieves Asthma symptoms
- Helps to remove plaque from your teeth

****Please consult your physician before taking turmeric.**

Below is a recipe I prepared for my Nutrition class last week!

Turmeric Tomato Detox Soup



Prep time: 25 minutes Serves: 6 people

Ingredients:

- 4 tbsp. avocado or olive oil
- 1 large onion, chopped
- 3 large carrots, chopped
- 1 (28 oz.) can of crushed tomatoes
- 1 tsp. garlic, minced in jar of fresh chopped
- 1 tsp. onion powder
- 1 tsp. sea salt
- ½ tsp. black pepper
- 3 tsp. ground turmeric
- 2 ½ cups low sodium vegetable or chicken broth
- 1 cup coconut milk (sweet or unsweetened)
- ¼ tsp. ginger
- ¼ tsp. cayenne pepper
- 1 tsp. cinnamon

Pour olive oil in pan and sauté the onions, carrots, and garlic for about 5 minutes, or until they begin to soften. Then place in a stock pot and add all remaining ingredients except coconut milk (sweet or unsweetened).

Cook for 12 minutes. Pour in coconut milk.

Per serving 220 calories, 4g protein, 13g Carbs, 3g fiber - Vitamin A, C, K, B3 (niacin), B6, Folate, Iron, Magnesium, Phosphorus, and Potassium.