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Billberry improves eyes and sight.

Blueberries help night vision.

Curcumin is said to reduce prostate problems. Dr Mercola 24 March 2009

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

The marigold-coloured 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.

Turmeric is a yellow spice most often associated with Indian food, curry and yellow mustard, but as research into this powerful spice increases, it's becoming clear that it may be one of nature's most powerful potential healers.

Both the ancient Chinese and Indian systems of medicine have recognised turmeric's beneficial properties for thousands of years, but this new study is the first to show how exactly it does its work.

It appears that curcumin -- the pigment that gives turmeric its yellow-orange colour, and which is thought to be responsible for many of its medicinal effects -- is able to "discipline" cells and get them back into working order. When curcumin enters a cell, the study's lead researcher said:

"The membrane goes from being crazy and floppy to being more disciplined and ordered, so that information that flows through it can be controlled."

This not only improves your cells' resistance to infections, but it also may help prevent cancer.

Turmeric may be a potent cancer fighter. In India where turmeric is widely used, the prevalence of four common USA cancers -- colon, breast, prostate and lung -- is 10 times lower. In fact, prostate cancer, which is the most frequently diagnosed cancer in USA men, is rare in India and this is attributed, in part, to turmeric. [It could be genetic, or hunger or curry?? VJ!]

Numerous studies have looked into this potential cancer-fighting link, with promising results. For instance, curcumin has been found to -

- Inhibit the proliferation of tumour cells.
- Inhibit the transformation of cells from normal to tumour.
- Help your body destroy mutated cancer cells so they cannot spread throughout your body.
- Decrease inflammation.
- Enhance liver function.
- Inhibit the synthesis of a protein thought to be instrumental in tumour formation.
- Prevent the development of additional blood supply necessary for cancer cell growth.

According to researchers from the University of Texas M.D. Anderson Cancer Center, curcumin blocks a key biological pathway needed for development of melanoma and other cancers.

The spice actually stops laboratory strains of melanoma from proliferating and pushes the cancer cells to commit suicide by shutting down nuclear factor-kappa B (NF-kB), a powerful protein known to induce an abnormal inflammatory response that leads to an assortment of disorders such as arthritis and cancer.

More Reasons to Add More Spice to Your Life

The reason people in India refer to turmeric as “holy powder” is because it has such a broad range of health effects. In fact, curcumin has been shown to influence more than 700 genes, with benefits that include -

- Strengthening and improving your digestion.
- Supporting healthy liver function and detoxification.
- Purifying your blood.
- Fighting cancer, arthritis and Alzheimer’s disease.
- Anti-inflammatory properties.

Further, evidence suggests turmeric may play a beneficial role in the following diseases -

- Cystic fibrosis.
- Type 2 diabetes.
- Crohn’s disease.
- Psoriasis.
- Rheumatoid arthritis.
- Cataracts.
- Gallstones.
- Muscle regeneration.
- Inflammatory bowel disease.

Marjoram is possibly safe in small amounts for most adults for short periods of time. Avoid skin contact with fresh marjoram. It can cause eye and skin swelling. It can be UNSAFE when used long-term. There is some evidence that it could cause cancer.

Warnings It is UNSAFE to take marjoram if you are pregnant or breast-feeding. It might start your period, and that could threaten a pregnancy. Not enough is known about the safety of using marjoram in various amounts. Stay on the safe side and avoid its use.

Children Do not give it to children. It might be UNSAFE for them.

Allergies Marjoram can cause allergic reactions to people allergic to basil, hyssop, lavender, mint, oregano, sage, and other members of the Lamiaceae family of plants.

Nutmeg is a spice that apparently has a variety of healing properties and can be used in a wide range of dishes. It apparently helps with -

- Insomnia (nutmeg can produce drowsiness so it should be taken when you have a chance to relax or sleep).
- Anxiety.
- Calming muscle spasms.
- Nausea and vomiting.
- Indigestion.
- Diarrhoea.
- Joint pain and gout.
- Lowering blood pressure.
- Male infertility and impotence.
- Improving concentration.
- Increasing circulation.
- Lowering cholesterol.
- Toothaches (nutmeg oil).

Please be aware that taking only one to three nuts can cause side effects such as nausea, hallucinations, swelling and shock.

Study: Plant extracts may ease dementia

March 5, 2004

Reuters

LIVERPOOL, England - Professor Elaine Perry, of the University of Newcastle upon Tyne in

northern England, was cited as telling a medical conference that extracts of sage and lemon balm may help to improve memory and behavioural problems in people with Alzheimer's disease and other types of dementia, adding in a statement that, "In controlled trials in normal volunteers, both extracts improved memory, and lemon balm improved mood. Lemon balm reduced agitation and improved quality of life in people with Alzheimer's disease.

Preliminary data showed that sage also had a significant effect on attention and behaviour. The impact of sage on Alzheimer's are still being investigated but preliminary data indicate significant effects on attention and behaviour, she added.



Cloves have a potent, sweet and spicy, aromatic flavor that makes a great complement to many foods. They have been consumed in some areas, such as Asia, for more than 2,000 years. Among the clove's most well-known healing properties is its ability to relieve tooth and gum pain, but it has many benefits beyond that. These include -

- Anti-inflammatory, anti-bacterial and antioxidant properties.
- Relief from respiratory ailments such as asthma and bronchitis.
- Relief from muscle pains from injuries or arthritis and rheumatism.
- Eliminates intestinal parasites, fungi and bacteria.
- May encourage creativity and mental focus.

Ginger

Ginger is another spice with a potent flavor that is great for warming your body and adding kick to foods. It's medicinal properties include -

- Soothes nausea, motion sickness and other stomach upset.
- Relieves morning sickness.
- Anti-inflammatory properties.
- Eliminates intestinal gas.
- Relaxes and soothes the intestinal tract.
- Antioxidant properties.
- Relieves dizziness.
- Boosts the immune system.
- Protects against bacteria and fungi.
- Promotes cardiovascular health.

Peppermint

The therapeutic effects of fresh peppermint leaves have been known since ancient times and its aromatic aroma has come to symbolise hospitality in many cultures. Its healing properties include -

- Soothing to the digestive tract
- Relieves symptoms of irritable bowel syndrome
- May protect against cancer
- Inhibits the growth of bacteria and fungus
- Relieves the symptoms of allergies and asthma

While there are many benefits to be had by adding spices to your diet, don't forget that these foods should not be taken every day or you run the risk of developing an allergy to them. Spices should not be looked at as a "cure" for your health problems, only by addressing the underlying causes of illness with a healthy diet and lifestyle will you be able to achieve optimum health.

Please use care when choosing your spices, as in the United States over 65 million pounds of spices, herbs and dry ingredients are irradiated each year. Fortunately, in the United States and Canada irradiated spices have to be labeled with the international symbol for irradiated foods, the "radura" symbol. However, processed foods that contain irradiated spices do not have to be labeled in the United States. So before you purchase a spice be sure to check the label to ensure that it has not been irradiated--organic varieties are your best bet.

But don't let this discourage you from taking advantage of all that spices have to offer. Spices used with the above advice in mind are indeed an excellent way to add flavour and healing properties to your

diet.

Turmeric Tips can be added to cooking. It has a warm, peppery flavour. However, when you do choose a pure turmeric powder, rather than a curry powder, as at least one study has found curry powders tend to contain very little curcumin, compared to turmeric powder.

Be sure to listen to your body as always, and if turmeric is a spice you do not enjoy it may be a sign that it's not right for your body. If you are not one who enjoys the flavour of curry, you can also get the benefits of turmeric by taking it in a high-quality, organic supplement form.

Seaweed is not eaten as much as in the past, and the amount of it eaten in a day is tiny in grams.

When I ate kelp tablets I became too high in iodine which caused an itchy back.

A Japanese replied, "I can't even guess how much people eat. I would ask my agri women Japan list and see what they think. I asked my staff today who is into health food, and she had no clue. Someone else here says 10% is too much. They don't eat it as much any more as they used to in the past, and the amount of it eaten in a day is tiny in grams."

When I ate kelp tablets I became too high in iodine which caused an itchy back.

Natalia

Some claim organic seaweed, but how can they when the land adjacent to where some seaweed is grown and harvested could be artificially farmed and even sprayed with chemicals.

All the seaweeds, kelp etc, are high in mercury.

Newways

Thrombocytopenia Causes:

Toxic Chemicals:

Exposure to toxic chemicals, such as pesticides, arsenic, and benzene, can slow the production of platelets

It is noted that kelp can concentrate heavy metals, and that some kelp preparations contain substantial levels of arsenic. It has been noted that urinary arsenic excretion in patients with peripheral neuropathy, who have been taking kelp tablets, has increased, and seaweed ingestion has been linked with chronic thyroiditis. Arsenic intoxication can cause bone marrow depression and megaloblastic changes. Physicians need to be aware of the potential dangers of contaminants in some kelp preparations. [Severe Dyserythropoiesis and Autoimmune Thrombocytopenia Associated With Ingestion of Kelp Supplements, Pye, Kathryn G., et al, The Lancet, June 20, 1992;339:1540]

My question is, has anyone else experienced these sorts of symptoms with kelp ingestion? And also, are other seaweeds, such as Nori and Wakame, also potentially harmful? What are some other sources of iodine (other than iodized salt, as I prefer to use seasalt)?

Kelp

I would not eat any kelp or any sea foods except shallow feeding fish and heavy metal-free krill from clean areas which is not the north sea.

Excessive consumption of kelp is dangerous. Don't exceed the recommended daily consumption, which I say is none.

- Warning people with an allergy to iodine should not consume kelp.
- People with thyroid disease should check with a doctor before taking supplements that contain kelp.

I have been reading that iodine is a key nutrient that has been shown to be helpful with thyroid problems and regulating metabolism, and a lack of iodine can contribute to weightgain, low energy, etc. Many articles list kelp as an excellent source of iodine, however, when I have taken it before, I had problems with hairloss and some other minor symptoms. I have done a little research and found that

some kelp, depending on how it is processed, contains highly toxic contaminants like arsenic (!!). The article about this is as follows:

Kelp

One of the most famous cases of Hg poisoning was seen in the 1950s when residents of Minamata Bay in Japan contracted a progressive disorder of the central nervous system due to Hg-tainted plants from the sea. The world is becoming more polluted and the sea is its sewer. Read Pollution. All the seaweeds and supplements containing sea plants we have measured are high in Hg. The comparatively new human health food company Good Health Products Ltd has beaten the mercury pollution

In about 2006, like lots of others, I took one kelp capsule a day and after a month my back started to itch dreadfully and pins and needles started. I didn't connect it to kelp, but because the itch was so strong I googled for Itch and found that high iodine was a possible cause, so stopped the kelp and within a fortnight the itch gradually went.

A friend consuming a seaweed product called Body Balance Bad with SeaNine had her back itch extremely badly. An analysis was Compatibility 40, Hg 15, Cd 20, Mn 0, Arsenic 10, Al 10, Iodine 80. We now avoid eating seaweeds and their products of any kind.

The sea, except where there are no people such as the very south South America, is a big sewer.

A 54-year-old woman took a kelp supplement regularly for several months and developed arsenic toxicity, according to a 2007 report from the UC Davis Occupational Medicine Clinic. The report reveals marine plants and seafood represent the highest dietary source of arsenic, a naturally occurring metal and a byproduct of industrial activities, for consumers. The woman's symptoms, including impaired memory, vomiting and a rash, were so severe she had to leave her job. Blood and urine tests revealed arsenic in her urine and blood. She stopped taking the kelp supplements and within a few weeks her symptoms disappeared.

Ginseng has side effects of agitation, diarrhoea, headache, nervousness and not sleeping well.

15 September 2012 Ginseng 5 by Ethical Nutrients made in Australia from five different ginsengs from Aisan countries and one from USA, made me suffer mild diarrhoea, severe headache on the side of my head until I stopped taking it after two days, anxiety and sleeplessness then wanted to sleep all the time for half a day, and then felt better.

Turmeric Clinical data suggest that excessive and inappropriate intake of turmeric may lead to a number of health issues that may range from mild inflammatory reaction to fatal cardiac arrhythmias. Few most frequently reported side effects of turmeric include:

1. Allergic Reactions

Turmeric is generally safe in individuals of all age groups if consumed within 1500 mg/ day; however, some individuals may develop nausea, vomiting, gastric upset or diarrhoea with high (or sometimes with normal doses). Turmeric containing ointments and lotions may lead to skin allergy, rash and burning sensation in some genetically susceptible individuals. In severe cases, hives, contact dermatitis and anaphylaxis may also develop.

2. Gallbladder Problems

Research suggest that normal turmeric is helpful for the normal functioning of gallbladder by stimulating the release of different digestive mediators that stabilize the functioning of gall bladder ducts; however, high turmeric intake is also associated with aggravation of liver and gall bladder conditions. This includes inflammatory conditions of gallbladder (acute Cholecystitis) and gall bladder stones or duct obstruction. It is advisable to seek the help of a healthcare provider before using turmeric (even in recommended dosages) in all such cases to prevent pain and discomfort.

3. Stomach and Gastrointestinal Problems

Turmeric (also known as Indian saffron) usually does not cause any gastric irritation or inflammatory reaction when consumed as part of cooked curry (suggesting a small dose); however, individuals who consume turmeric for management of chronic inflammatory systemic conditions like rheumatoid arthritis and aching joints can develop turmeric induced gastric issues. Turmeric is slightly acidic in nature and is widely considered as a stimulant of gastric acid secretion. If you have a current history of dyspepsia or hyperacidity, it is strongly suggested to avoid turmeric in high doses. Individuals who smoke or use non-steroidal anti-inflammatory drugs are especially vulnerable to the side effects of

turmeric (leading to dyspepsia, heartburn, indigestion, gastro esophageal reflux disease and peptic ulcers). It is indicated to consume a lot of water to minimize the accumulation of turmeric in high doses within the gastric lining. For best results, consume with food only.

4. Bleeding

Turmeric may inhibit platelet aggregation, and thus, theoretically, may increase the risk of bleeding. It also affects the production of clotting factors from the liver and therefore must be avoided in patients who have a bleeding tendency or inborn error of clotting.

5. Liver Problems

High turmeric intake is associated with liver dysfunction that may present with indigestion and jaundice. Research studies in animals have confirmed the toxic effects of turmeric on animal hepatocytes and although no human study is currently available to suggest the possible mechanism of development of complications, it is recommended by healthcare provider to limit the intake under recommended dosages only. If you are suffering from a current medical illness that involves liver, it is better to avoid or totally eliminate turmeric from your diet.

6. Drug Interactions

Turmeric may interfere with metabolism or functioning of anti-coagulants like aspirin, clopidogrel and warfarin. It also alters the functioning of several other medications like non-steroidal, anti-inflammatory drugs. In addition, turmeric is also known to decrease the blood sugar levels (hypoglycemic effect) that may prove helpful in individuals who are at high risk of developing diabetes, but if you are a known diabetic and use hypoglycemic medication, simultaneous use of turmeric can increase the risk of hypoglycemia that may prove life threatening if emergent medical care is not sought.

7. Uterine Contractions

It is suggested to avoid turmeric if you are expecting or if you are looking to get pregnant. Turmeric is a uterine stimulant that increases the basal activity of uterine smooth muscle cells leading to premature uterine contractions, miscarriage or vaginal bleeding.

Other side effects include nausea and agitation, development of inflammatory skin blisters if applied on abraded or damaged skin and diarrhoea if consumed in higher doses.

When to Avoid Turmeric

1. It is suggested to avoid turmeric intake during pregnancy due to risk of pre-mature uterine contractions, uterine bleeding or painful uterine spasms. Not enough data is available to support the intake of turmeric in breast-feeding mothers and therefore most healthcare providers suggest avoiding turmeric during lactation.

2. Turmeric intake is associated with aggravation of gallbladder dysfunction and is best avoided in the setting of bile-duct obstruction.

3. Turmeric interferes with normal blood clotting and should be stopped at least 2 months in advance of any major surgery

4. Turmeric increases the secretion of gastric acid and thus should be avoided in known patients of dyspepsia and gastro-esophageal reflux disease.

5. If you have a known history of allergy to organic colouring agents (especially yellow) coloured agents that include curcumin, there are fair chances that you will also be allergic to turmeric. In addition, since turmeric and ginger are members of same family, individuals who have allergy to any member of ginger family may also develop reaction to turmeric.