Benefits of Turmeric

FOR NUTRITION AND HEALTH

anti-inflammatory, antioxidant

assists with digestion and a healthy gut, maintains blood sugar

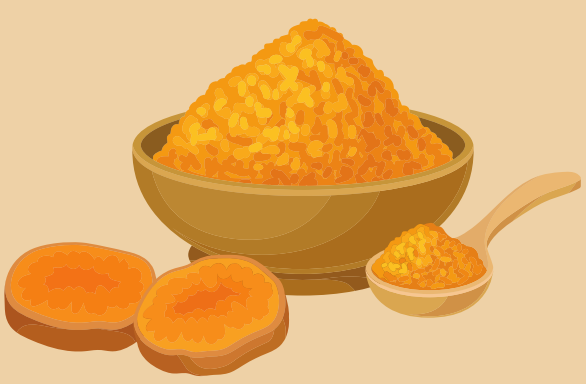
antiviral, antibacterial, anti-fungal, anti-parasitic

protects the heart, helps maintain fluid balance

protects the lungs by decreasing cytokines

anticoagulant, deceases bleeding disorders

Interferes with viral absorption, entry, and replication, also transmissible gastroenteritis (TGEV)



In SARS-COV2, protects from inflammation which protects the heart, lungs, and the gut

- 1/2 teaspoon per day helps prevent inflammation and viral absorption
- taking turmeric with black pepper or fats increases effect

flccc.net