Tumeric

Tumeric is a spice used for cooking, but has also been used as a medicinal aide dated as far back as 4000 years ago. I’ll spare you the ancient history, but suffice it to say that by today’s standards, turmeric has been scientifically proven to have many health benefits. Benefits like relieving joint pain, supporting the stomach lining, promoting balance mood, and easing aches and pains. There are other benefits to turmeric as well, but notice that two of the most touted benefits deal with pain reduction. In other words reduced arthritic pain and reduced inflammation. I have recommended turmeric to patients with fibromyalgia, arthritis, chronic pain syndrome, etc. with good if not great results. We carry turmeric from a reputable company with FDA regulated standards…be sure you know what you are spending your money on! Stop in today and ask about dosages.