

Terry Talks Nutrition



The Healing Herb of the Century

research and development of high quality medicinal products. I began corresponding with scientists around the world to inquire as to what they were discovering and why there was this huge influx of scientific research. Eventually, a group of scientists invited me to a conference in India on curcumin. What I discovered was truly amazing. After 40 years in the health food industry and alternative medicine, I never thought I would have the opportunity to see a plant with such medicinal benefits.

Let me give you a little history of curcumin so you may appreciate this plant as much as I do. It is primarily grown in India and Asian countries. The root looks similar to ginger root. In order to plant a new crop a portion of the root has to be planted, similar to that of planting potatoes. It's a rather tall plant, and when harvested in India the leaves are saved, burned and then tilled back into the soil to add nitrogen, potassium and trace minerals. The primary plant is known as turmeric. Curcumin is one of the curcuminoids (plant compounds) found in turmeric, typically at a concentration of about 2-5%.

Curcumin has 112 unique molecules within its plant structure; they have the ability to work on multiple pathways at multiple levels - simultaneously. A drug has only one molecule, can only work on one pathway, and therefore usually throws many other pathways out of balance. The drug is sure and swift but brings with it many serious side effects. For example, a drug which has a COX-2 inhibiting effect can be so strong that

it poisons the enzyme system and therefore, comes with many serious side effects, maybe even death.

Curcumin, with its 112 different molecules, acts in a variety of ways providing the most powerful antioxidant of all foods, has very powerful anti-inflammatory properties (some studies have shown it to be more effective than cortisone or steroids) enhances the immune system, protects the liver function and stimulates gall bladder function and the flow of bile. It has shown very strong potential for both prevention and treatment for Alzheimer's disease. In the laboratory, curcumin destroys colon cancer cells in 24 hours. At the MD Anderson Hospital in Houston, Texas, their laboratory studies of curcumin found it to be a more effective at cancer prevention and treatment than any other substance - including drugs. Of course, this is only in the laboratory which is a far different research setting than clinical human trials.

Curcumin is very poorly absorbed through the gastrointestinal tract into the bloodstream and therefore, into the cells. Scientists around the world are looking for ways to increase the absorption of curcumin in order for the body

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Key Words

curcumin, boswellia, pain, arthritis, allergies, bursitis, BCM-95

Doctors in India call it the "all in one solution." Their "all in one solution" is curcumin. Why would medical professionals describe curcumin with such a powerful statement? Could it really be so powerful that it truly is the "all in one solution"?

I have researched herbs and nutrition for 40 years. I think I have pretty good knowledge of many of the top medicinal plants in the world. However, several years ago I began to see a number of studies on curcumin from different scientific institutions in various parts of the world. In all, over 2,000 studies have been conducted on curcumin over the last several years, and as many as a dozen new studies every month. I began to wonder - why has this plant intrigued so many scientists? This large amount of research is a clue that scientists are seeing a tremendous medicinal benefit of curcumin. This really piqued my curiosity, and while I do not have a specific technical background, I have a passion for

For a Good Curcumin Formula, Terry Recommends One of the Following:

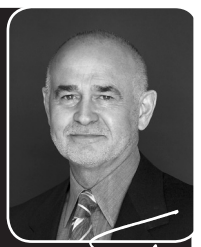
Proprietary EP612 Complex 2,181 mg **

DLPA (dl Phenylalanine), Boswellia (*Boswellia serrata*) Extract (BosPure®) standardized to contain >70% boswellic acids with 10-15% AKBA, Curcumin (*Curcuma longa*) Extract (BCM-95®) standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Nattokinase.

Proprietary Complex 750 mg **

Curcumin CRX 791 (BCM-95®) Micronized (*Curcuma longa*) Rhizome Extract, phospholipids, turmeric essential oils

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to benefit from its huge array of healing properties. Some research companies have bound curcumin to phosphatidylcholine, and this form of curcumin, in one small rat study, has shown this does increase the absorption of curcumin. Another form of curcumin combined with lecithin and piperine (black pepper) has increased the absorption of curcumin. However, black pepper disrupts proper liver metabolism and interrupts proper drug metabolism such as cardiovascular drugs, high blood pressure and cholesterol lowering drugs. Black pepper has a known toxicity and I would not recommend using black pepper in any supplement.

Another company has developed a curcumin homogenized with turmeric essential oils that are very high in tumerones bound to phospholipids and then micronized (small particle size – not the same as nanoparticles) and has shown a ten-fold increase, or in other words, **1,000% increase** over standard curcumin 95%. It is 6.3 times or 630% stronger than curcumin complexed with black pepper. This new high potency curcumin know as BCM-95 has been clinically studied in humans for absorption. Several clinical trials are now ongoing for the treatment and prevention of Alzheimer's disease. One study is being conducted at the University of Hong Kong and another in Australia. The dosage that is being used in studies at the MD Anderson Hospital is 8-12 grams of standard curcumin, or in other words, 16-24, 500 mg capsules. This

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new BCM-95 with its high absorption rate, 1,000% greater than standard curcumin, would only require 1-3 capsules of a 750 mg dosage. Perhaps a smaller dosage might be more appropriate for children and young adults or someone wanting to use curcumin for maintenance of good health. I would then suggest maybe a dosage of 375 mgs.

There has also been significant research on high potency curcumin in the treatment of arthritis. In one trial, a combination of curcumin and boswellia significantly reduced the signs and symptoms of arthritis. Boswellia is another very powerful anti-inflammatory Indian herb. It also has benefits for other forms of inflammation such as Crohn's disease, colitis, sinusitis, bronchitis, allergies and asthma. It has been approved in Germany to be used to reduce edema surrounding brain tumors. Both curcumin and boswellia are very, very powerful anti-inflammatories with virtually no significant side effects. Curcumin can be taken for any kind of inflammation which is the cause of 80% of our diseases – heart disease, obesity, arthritis, both osteo and rheumatoid, bursitis, bronchitis, sinusitis, asthma, fibromyalgia and migraine headaches. What I have learned from these two plants has convinced me to rely on their healing benefits more than I would from any other source of plant medicines. I make sure that these two plants are in my dietary regimen on a daily basis.

I just returned from a medical conference on alternative medicine at the Scripps Center for Integrative Medicine. There I learned that most integrative doctors are using curcumin in the treatment and prevention of cancer.

It may be only one of many in such

treatment but it is a very powerful and critical integrative medicine. At another medical conference that I attended in late fall, James Duke commented in his lecture that curcumin would be the #1 plant he would take if he had cancer. James Duke is one of the world's finest authorities on herbal plant medicines and was employed by the USDA for almost his entire career. He has and maintains an herbal database of over 75,000 plants. While curcumin is extremely effective for any kind of inflammation, if there is pain involved I would suggest a formula that contains curcumin as a foundation of the formula with Boswellia, DLPa and Nattokinase. This kind of formula has provided significant benefits for anyone experiencing pain. The research on each one of the ingredients has a significant benefit in reducing pain and when they are combined together they provide a tremendous synergistic effect. Doctors using this kind of formula have noticed significant and swift relief of pain and it can be very beneficial for patients who cannot use NSAID's or drug anti-inflammatories. This type of combination does not have any side effect and will not cause stomach irritation or liver or kidney damage. You will find curcumin, Boswellia and DLPa to be extremely safe and effective and no worry of side effects. For a few people you may have to wait a week or so for this kind of formula to work but that is a small price to pay when you experience the pain relief and know that you will not have to worry about side effects.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.