

Turmeric (*Curcuma longa*) is a culinary spice with many medicinal properties. It is a relative to the ginger plant. Widely used in many Asian cuisines for flavor, it is used medicinally in Ayurveda. Turmeric is one of the most researched herbs highlighting its numerous benefits.

Benefits of Turmeric

- Anti-inflammatory
- Anti-oxidant
- Supports immune function
- Supports relaxation and sleep
- Supports liver function and detoxification
- Supports digestion
- Improves gut inflammation and gut permeability
- Analgesic
- Supports every system of the body



I started taking turmeric as an analgesic and for its anti-inflammatory properties. I've noticed a significant improvement with my arthritis and my digestive system.

One tasty way to add turmeric to my diet I discovered is to drink Golden Turmeric Milk. I enjoy this beverage in the morning, afternoon or evening. Sometimes turmeric may upset my stomach since it is a pungent and a heating spice. Eating turmeric in foods or beverages with some good healthy fat (coconut oil or ghee) helps to alleviate stomach upset and allows for better absorption of the spice along with its healing properties.

Find a good source of Turmeric powder such as [Banyan Botanicals](#) and make yourself a cup of Golden Milk.

I want to point out that I'm sharing my personal experience and before you take any herbs or supplements, discuss it with your health care provider first.

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All information provided is for educational purposes. Please consult your medical provider prior to making changes in your health regimen, diet and use of herbs and supplements.

TURMERIC PASTE RECIPE

Yield: 1 cup

INGREDIENTS

- 1/4 tsp black pepper
- 1 tsp ginger powder
- 1/2tsp cinnamon
- 1 tsp cardamom
- Pinch of salt
- 1/4 cup turmeric powder
- 1 1/2 cups filtered water
- 1/4 cup coconut oil or ghee
- 2-3 TBS raw honey or maple syrup (optional)

INSTRUCTIONS

1. Combine pepper, ginger, cinnamon, cardamom, and salt in a small bowl. Set aside.
2. Combine turmeric and 1 1/2 cups of water in a small pot, stirring constantly with a whisk. Bring mixture to a very gentle simmer stirring constantly.
3. Add mixed spices and continue to cook on low, stirring for 3 - 5 minutes, or until paste is thick and smooth.
4. Turn off heat and add coconut oil or ghee. Continue to stir until completely smooth.
5. Add optional sweetener, and thoroughly mix it while mixture cools.
6. Transfer to clean glass jar. Mixture will thicken as it cools. Place lid on jar after mixture has completely cooled. Store in the fridge for 2-3 weeks. Use a clean spoon each time.

GOLDEN TURMERIC MILK RECIPE

- Place 1 cup organic milk or non-dairy milk , such as almond milk, of choice in a small pot.
- Add 1-2 teaspoonful of Turmeric Paste and simmer mixture just to a boil.
- Place in a mug. May add a pinch of cinnamon, turmeric, or nutmeg. Enjoy!



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Bonus: Golden Turmeric Milk promotes relaxation and sleep. Drink it about an hour before bedtime to get the full effects of its relaxing benefits.

Ingredients Supporting Relaxation:

- **Milk (A2 milk form cow or goat):** Contains certain compounds that are supportive of sleep. Tryptophan, an amino acid in milk contributes to making the neurotransmitter serotonin in our bodies, which promotes relaxation, and creating melatonin, the sleep hormone in our bodies.
- **Almonds milk:** Rich in magnesium, which promotes both sleeping and muscle relaxation.
- **Honey:** Promotes melatonin hormone production, which supports sleep.
- **Ginger:** Promotes serotonin production, promotes calming and relaxation. Supports digestion.
- **Turmeric:** Boosts serotonin productions, promoting calm and relaxation. Supports digestion. Helps to alleviate aches and pains due to its anti-inflammatory properties, supporting relaxation and sleep.
- **Cinnamon:** Supports your body to keep blood sugar levels stable, which helps promote sleep. Supports digestion.
- **Nutmeg:** Promotes calm and relaxations. Supports digestion.

Other uses for Turmeric Paste:

- Add 1/2 tsp of Turmeric Paste to breakfast steel cut oats while it is cooking.
- Add 1 -2 tsp to rice when you cook it to give it a nice golden yellow color and a bit of flavor.
- Add 1 -3 tsp to root vegetables you will sauté or roast.

*References:

<https://nccih.nih.gov/health/turmeric/ataglance.htm>

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