

Turmeric - Haldi

Cooking

Turmeric is an important ingredient in curry mixes, **chutney**, and mustard pickles. It also goes well with vegetables, rice, and salad dressing.

Turmeric is extremely pungent, and actually gets stronger when cooked. A little goes a long way, so use it sparingly when experimenting. Avoid touching your clothing when working with turmeric. It is a powerful yellow dye. Although a pinch of turmeric may be used as a substitute for saffron to achieve that golden yellow color, the flavor does not compare in the least.

The color of turmeric can vary widely from deep yellow-orange to bright yellow.

Benefits

- It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
- When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
- Prevented breast cancer from spreading to the lungs in mice.
- Prevent melanoma and cause existing melanoma cells to commit suicide.
- Reduces the risk of childhood leukemia.
- Is a natural liver detoxifier.
- Prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
- Prevent metastases from occurring in many different forms of cancer.
- It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
- Has shown promise in slowing the progression of multiple sclerosis in mice.

