



# TUMERIC & BLACK PEPPER TINCTURES



## Health Benefits of Black Pepper and Turmeric

Black pepper and turmeric are aromatic spices that not only add unique flavors to food but also have a variety of health benefits. Turmeric, *Curcuma longa*, is a member of the ginger family. Black pepper, *Piper nigrum*, comes from an evergreen climbing vine and used in cuisine worldwide.

### Pain Reliever

Black pepper contains piperine, a chemical similar to capsaicin found in hot chili peppers. Piperine helps to reduce pain, triggering transient receptor potential vanilloid type 1, TRPV1, receptors in your body, which respond to counteract pain. Piperine extracted from black pepper is combined with other emollients and natural ingredients into an analgesic cream that is applied to your skin at the site of pain.

### Anti-Inflammatory

Curcumin is the yellow pigment in turmeric used for coloring and flavoring. Curcumin is also an effective anti-inflammatory used as a treatment for rheumatoid arthritis, RA, and as a complementary treatment for ulcerative colitis, UC. Turmeric powder is

taken three times daily to help reduce swelling and inflammation around the joints. Turmeric extract is another alternative treatment for RA.

### Peptic Ulcer Benefits

Turmeric and black pepper may have beneficial effects on gastric mucosal damage, peptic ulcer. Curcumin inhibits the growth of all strains of the *H. pylori* bacteria, which is associated with peptic ulcer disease. The protective effect of piperine in black pepper is linked to its antioxidative effects. Both black pepper and turmeric have antioxidant constituents.

### Improved Memory Performance

Both black pepper and turmeric show benefits in helping to protect against cognitive impairment and may help improve memory in Alzheimer's disease. Curcumin in turmeric may help reduce memory loss in Alzheimer's patients.

