



Empowering you Organically - Season 1 - Episode 5

Title: Inflammation & Turmeric (Do's & Don'ts)

Guest: Dr. Daniel ("Doc") Nuzum

Why is Turmeric So Special?

- Long history of herbal anti-inflammatory
- Used in Ayurvedic medicine in India for close to 5,000 years
- 3000 years of recorded history in Oriental medicine

What Is Turmeric?

- Plant from the ginger family
- Root is harvested
- Orange color comes from curcumin
- Root use - anti-inflammatory
- Leaves - anti-parasitic

What is Inflammation?

- Your body's warning system
- The body's response to irritation (toxin, injury or emotion) is always an inflammatory response
- Something expands because it is swelling
- The pain comes from expansion of the tissue as it presses on the nerves
- Chronic vs Acute Inflammation
 - Acute - injury or rash
 - Chronic - systemic throughout the body systems - fibromyalgia

Big Cause and Symptom of Chronic Inflammation

- Standard American Diet - full of pesticides and causing leaky gut
 - Symptom: bloated abdomen

Basic Herbal Medicine Concept

Spices, or things that are spicy, hot cayenne pepper, turmeric, ginger, oregano, and other very spicy herbs will dry out inflammation. A concept in Oriental medicine, use spices to dry out dampness, and dampness would be swelling.

What's the Science?

- Over 3,000 peer reviewed clinical studies showing the efficacy of curcumin from turmeric as an effective anti-inflammatory.

As a Preventative

- Take daily - if you've ever had an inflammatory issue in your body, your tendency to have a higher level of inflammation, you are going to be more prone to having a higher level of inflammation and a more intense acute response

Black Pepper Myth or Truth

- Two ways to speed up consumption of the body; fats and piperine
 - Piperine is a mucous membrane irritant
 - Black pepper has a high amount of piperine
- Curcumin is a large flavonoid molecule that sticks to things
 - Piperine cause the gut to have an inflammatory response
- Over time the good bacteria in the gut is negatively affected by the antibiotic nature of black pepper.

Why Organixx T3D Doesn't Use Black Pepper

- People with gastric or even esophageal issues, can't stay on black pepper for very long. 2-3 weeks at most.

Important Note

Typically, if you're taking a curcumin extract, you'll absorb about 15% of it. If you're taking a turmeric powder which isn't a curcumin extract, just a turmeric powder, you'll still absorb about 15% of the curcumin that's in that powder. But that powder typically only has 1% curcumin.

How is Organixx's T3D Different?

- T3D has 3 different types of turmeric extracts - no need to irritate the gut
 - Mushrooms, blueberries, red quinoa base to ferment the ingredients out of the turmeric root creating a smaller molecule
 - Probiotics extraction method - probiotics are fed to the curcumin. The probiotics cut out the unneeded parts resulting in a smaller molecule
 - Fermentation of the turmeric root
- Ashwagandha - helps with digestion
- Ginger - probiotic fermentation process and a fermented ginger
- Fermented Vitamin D3
 - Because curcumin massively increases how much vitamin D3 you absorb in your gut, it opens the door for the vitamin D3 to come in.
 - It activates a lot of anti-inflammatory enzymes within our body so it literally enhances our ability to deal with inflammation
- Humic & Fulvic delivery system to facilitate absorption

Deeper Dive Resources

Dr. (“Doc”) Nuzum:

<https://www.youtube.com/watch?v=2qK9ujZRZfA>

Turmeric Plant:

<https://en.wikipedia.org/wiki/Turmeric>

**The Traditional Chinese Medicine Concept of Dampness
Explained in Terms of Modern Medicine**

<https://pdfs.semanticscholar.org/aa15/d960feeab0edb50be061dc49f1a23e20a910.pdf>

Ginger as an anti-inflammatory:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3665023/>

Vitamin D3 and Curcumin:

<http://newsroom.ucla.edu/releases/ucla-study-finds-vitamin-d-may-94903>