

Turmeric: Doctors Say This Spice Is a Brain Health Miracle

Discover the Simple Natural Solution to Lifelong Cognitive Health

By Joshua Corn, Editor-in-Chief of the Live in the Now newsletter. He is a health freedom advocate who's been involved in the natural health movement for over 15 years. He's always been dedicated to promoting health, vitality, longevity and natural living. Josh is currently writing a book on natural remedies and is gearing up to launch the Live in the Now radio show. In addition to his work in the natural health field, Josh is an avid outdoorsman, organic gardener, animal lover and enjoys "living in the now" with his wife and two sons.

Losing one's memory and mental abilities to cognitive decline is something we all fear, and the current statistics on the prevalence of cognitive decline in this country are not pretty. By age 65, sadly 1 in 8 Americans will suffer from severe cognitive decline, and by age 80, an astonishing 1 in 2 will.[1]

Researchers have been working for years to develop an effective treatment. But one "miracle" drug after another has failed to live up to its promises, and it's becoming more and more apparent that pharmaceuticals are not the solution. Unfortunately, the medical establishment is so narrowly focused on finding an elusive "cure" that scientifically proven prevention strategies are often ignored.

Please keep reading, because I'll tell you about an amazingly effective way to protect your brain from the ravages of cognitive decline and boost your thinking and memory abilities quickly, naturally and safely.

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It's a scientific fact that curcumin, an antioxidant compound found in the root of the turmeric plant, is one of the most powerful natural brain protecting substances on the planet! It continues to amaze scientists with its remarkable cognitive health benefits.

You may be familiar with turmeric as the bright yellow spice that is commonly found in curry powder. Turmeric has a long history as a healing herb and culinary spice in India. Interestingly, India has the highest per capita consumption of turmeric AND the lowest incidence of cognitive decline worldwide![2]

Your Brain on Curcumin-

The hallmark process associated with certain types of cognitive decline is the formation in the brain of **abnormal protein structures**. Normally when malformed proteins are formed with the brain, the immune system sends out cells known as macrophages, which engulf and destroy the proteins. If this ordinary function fails, defective proteins accumulate in the brain and cognitive decline can follow.

That's why I was excited to read that recent research is showing that curcumin encourages the immune system to send macrophages to the brain. A landmark clinical trial involving people with severe cognitive decline measured the effects of curcumin. Amazingly, the participants taking curcumin had significantly higher levels of dissolved abnormal proteins in their blood compared to those in the placebo group.

This study showed that curcumin has the ability to effectively pass into the brain, bind to beta-amyloid plaques and assist the body in their breakdown. [3]

[Does reference [3] or other evidence confirm a likelihood that curcumin leads to breakdown of beta-amyloid in the brain without known negative side-effects? -FNC]

[Is what curcumin might help remove from my brain what is causing my problem? Or instead, say, does curcumin remove the beta amyloid whereas I need to remove the cystatin amyloid? -FNC]

Curcumin is one of the only substances known to have such a profound protective effect on the brain.

Curcumin Combats Dangerous Inflammation-

You may have heard about the dangers of "silent" chronic inflammation. It's been discussed by Dr. Oz and has made headlines in publications such as Newsweek and Time. It's important for you to know that **low-grade inflammation** is rapidly becoming recognized as the root cause of the development of cognitive decline, as well as a wide range of serious health problems.[4]

Unfortunately, most people don't do anything until the initial symptoms, such as muscle aches and joint discomfort, appear. When

this happens, their gut reaction often is to go see a doctor, who is unlikely to correctly diagnose the problem, and more than likely will prescribe drugs that are far from safe and only provide short-term benefits.

But the initial symptoms of pain are just the beginning. If left unchecked, chronic inflammation can damage your body in many ways. One of the worst examples of this is cognitive decline, which can ravage your memory and severely impact your quality of life in what should be your golden years.

Cutting-edge science is showing that curcumin is one of the most powerful, natural anti-inflammatories ever studied. Curcumin is so effective because it is a potent inhibitor of the body's most powerful inflammation-causing chemical, called Nf-kappa beta. Miraculously, curcumin has been shown in numerous studies to tame joint pain and muscle soreness, protect the brain, support cardiovascular health, bolster immunity and more.[5,6,7,8,9] If you have a lingering health problem that no doctor can resolve, you may be suffering from chronic inflammation and curcumin may be just the natural solution you've been looking for.

How to Get the Most Out of Curcumin-

Although you may be able to find high quality turmeric powder at your local market, it's very difficult to verify its purity and potency. Plus, it's almost impossible to incorporate therapeutic amounts of curcumin into

your diet on a daily basis as a spice. So, to put it simply, a high-quality curcumin supplement is your best bet!

However, not all curcumin supplements are created equal. Unfortunately, most supplements out there don't have the necessary doses and components to get the job done. If you take the wrong supplement, you'll end up not only wasting money, but missing out on an incredible opportunity to protect your brain and keep harmful inflammation at bay.

There are 3 major factors to consider when deciding on a curcumin supplement:

1. **Standardization and Dose:** Standardization is the process by which the active ingredients in a plant are concentrated and brought to a consistent level. The active ingredients of turmeric are called curcuminoids, and there are actually three components: curcumin, demethoxycurcumin and bisdemethoxycurcumin. Any good curcumin supplement should include all 3 of these curcuminoids and be standardized to at least 75%. Otherwise, what you're getting could be little more than a pill filled with powdered turmeric root. Also, the minimum recommended daily dose is 1,000 mg per day.

2. **Absorption:** One problem with curcumin is that it's not easily absorbed. However, it was discovered that an extract of black pepper, called piperine, significantly enhances absorption of curcumin. In fact, one study found that the addition of a piperine **increased bioavailability by 2,000%! [10]** So make sure that any curcumin supplement you take contains this important extract.

3. Price: Some people mistakenly believe if you pay more you get better quality. My advice is that you don't need to pay more than \$30 for a one month supply. Many companies are taking advantage of the hype surrounding curcumin and charging more than double this.

The Curcumin Supplement I [Joshua Corn] Personally Recommend-

Since cognitive decline and chronic inflammation are so widespread, I consider curcumin a "must take" supplement. However, when I was looking at the different options out there, I was shocked by how many poor quality curcumin supplements there were. The ones that had "all the right stuff" were absurdly expensive, making this lifesaving nutrient off-limits for too many people!

That's why I took it upon myself to develop an effective AND affordable curcumin supplement called **Curcumin2K®**. In addition to my work with Live in the Now, I'm also the CEO of Stop Aging Now, a company that has been making premium grade dietary supplements for over 15 years. I developed Curcumin2K working with my Scientific Advisory Board, and it's simply the most effective and most affordable curcumin supplement on the market.

I invite you to do your own research to make sure I'm not just shamelessly promoting my own product, but I think you'll find no other curcumin product like Curcumin2K. Here are just a few reasons why:

- Curcumin2K is made with a potent 1,330 mg dose of turmeric extract (roughly the equivalent of 13 heaping tablespoons of turmeric powder) standardized to contain a minimum of 95% curcuminoids, which is the highest level achievable.
- Curcumin2K is enhanced with 20 mg of BioPerine® black pepper extract standardized to contain 95% piperine. BioPerine is the brand used in all the research that has shown piperine increases curcumin's absorption by up to 2,000%!
- Curcumin2K is made in the USA in an FDA inspected facility to meet or exceed stringent USP standards for quality, purity and potency.
- Curcumin2K ships to you for free, is tax-free and comes with an amazing 365-day "any reason" guarantee. This way you risk nothing!
- Curcumin2K is available for as little as \$19.95 per bottle (which lasts a full month). This is up to 3 times less than similar high quality brands.

Our Curcumin2K Customers Say It Best-

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We already have tens of thousands of satisfied Curcumin2K customers. One of the best parts of my job is reading some of their remarkable success stories. Here are just a few that I've recently received:

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Scientific References

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