

**A healthier heart**

Curcumin can help improve the function of the lining of your blood vessels, called the endothelium, which play an important role in regulating blood pressure and blood clotting. In addition, curcumin reduces inflammation and oxidation, both of which contribute to heart disease.

**Improved mental wellness**

Curcumin has shown some promise as an antidepressant, with one controlled trial revealing curcumin resulting in improvements similar to antidepressant drugs. Depression has also been linked to a lack of BDNF. As we have seen above, curcumin can assist in increasing BDNF levels in the brain, thereby helping to combat depression. There is also some evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine. Dopamine plays an important part in your brain's reward system and is linked to pleasurable sensations, as well as learning, memory and motor system functions. Serotonin helps to regulate your mood, along with sleep, memory, appetite and digestion.

**Potential benefits of regularly consuming turmeric**

- **Supports skin health.** Turmeric's anti-inflammatory, antimicrobial and antioxidant properties make it potentially useful to complement existing treatments for skin conditions such as acne, psoriasis and eczema.

- **Takes the sting out of hay fever.** Curcumin appears to reduce hay fever symptoms such as sneezing, a runny nose and nasal congestion.
- **Relieves itching.** Research suggests that taking turmeric orally three times daily for eight weeks can be effective in reducing itching in people with long-term kidney disease.

**Make your own ginger-turmeric smoothie for stronger immunity and weight loss**

**Ingredients:**

- 1 pinch of turmeric
- 2,5 cm ginger root
- 1 glass of milk
- Half a cup of banana
- 1 tsp cinnamon powder

1. Take a blender, add all the ingredients and blend until you get a smooth consistency.
2. If you think it requires a tinge of sweetness, add a teaspoon of honey in the mix.

**Sources:**

<https://www.everydayhealth.com/diet-nutrition/diet/turmeric-curcumin-benefits-side-effects-types-more/> | <https://www.medicalnewstoday.com/articles/306981#positive-side-effects>  
<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#section3> | <https://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric>  
<https://www.nuffieldhealth.com/article/the-health-benefits-of-turmeric> | <https://food.ndtv.com/food-drinks/protein-diet-drink-this-ginger-turmeric-smoothie-for-stronger-immunity-and-weight-loss-2255847>

Curcumin has shown some promise as an antidepressant, with one controlled trial revealing curcumin resulting in improvements similar to antidepressant drugs.