



SUPER REPORT:
GOLDEN
PASTE
recipe

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Published by Samuel Grenville.

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Turmeric has been used for thousands of years by ancient cultures as a flavor enhancer and medicine for treating everything from pain to diseases. It's one of the most widely used spices in India, as well as other parts of Asia, and its importance cannot be overstated. Now, it's finally getting the recognition it deserves in the U.S. as more people begin to discover its amazing healing properties.

In order to get the full benefits of this awesome spice, it needs to be eaten with some form of fat, as it is not water-soluble. Eating it with black pepper will enhance its effects even more!

One of the best ways to use it is as a Golden Paste, the recipe of which I've have included here. It ensures that your body can use turmeric effectively, so that not a single bit is wasted.

To prepare Golden Paste:

INGREDIENTS

1/2 cup (65-70g, or about 2.6 oz. dry weight) turmeric powder

1-2 cups (250-500ml) water (use half the total amount to begin with and have the other half ready if needed)

1/3 cup (70ml) coconut, olive or linseed/flaxseed oil (you can use salmon oil for dogs, if you prefer, but please see the note below)

3 tsp (about 7g) freshly ground black pepper

DIRECTIONS

1. Combine the turmeric and water in a small saucepan and bring to a boil. Reduce the heat, and simmer for 7-10 minutes. Stir frequently to keep from sticking to the bottom of the pan, and add more water as needed. The exact thickness isn't important—you can adjust that to your preference.
2. Remove from the heat and allow to cool until the pan is just warm to the touch. Add the oil and pepper and stir thoroughly until they are completely mixed in. Store in a clean jar (you can sterilize it if you like) in the refrigerator. It should keep for about two weeks. If you see any sign of mold, or notice an 'off' flavor, discard and make a new batch.
3. If you know you won't use all of it within two weeks, you can freeze half for later use.

NOTE: all fish oils become rancid very quickly after being opened. We recommend either freezing the golden paste if you make it with salmon or another fish oil, or adding the oil when you feed the paste. The paste will keep only a few days in the fridge if you make it with fish oil.



DIRECTIONS FOR USE:

For adults and older children, start with 1/4 tsp twice daily in food.

For everyone, after 4-5 days you can increase the amount and/or the frequency. Wait 4-5 days in between each increase. If you experience gas, bloating, loose stools or other digestive upsets, reduce the amount and/or frequency.

There is no specific maximum, but we recommend no more than about 3 teaspoons per day. Turmeric is metabolized fairly quickly even when consumed with pepper, so it's better to have small amounts often.

If you are using any prescription medication, it would be a good idea to consult your doctor before adding any biologically active foods like turmeric to your diet. You can check our file on interactions as well, but don't assume that something is not a problem just because you don't find it there. We can't cover everything.



FOR PETS:

Most dogs can start with the same amount. Small dogs and cats should start with no more than 1/8 tsp.

Some dogs and a few horses may develop a 'cat pee' odor after starting turmeric or golden paste. If this happens, you can add a tablespoon of Ceylon cinnamon to a batch of golden paste. This will eliminate, or at least reduce, the odor.

Turmeric is an awesome spice that can combat inflammation and help prevent a wide range of diseases, from heart disease to cancer. It's a spice that deserves a spot on your shelf, and with our Golden Paste, you can easily reap the benefits.

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