TURMERIC POWER
The Ultimate Health-Boosting Spice

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Turmeric has a lengthy history as a medicine, spice and coloring agent, and it’s an extremely impressive natural health agent — one that has some of the most promising anticancer effects around.†

This isn’t surprising when you consider the fact that turmeric has at least 20 molecules that are antibiotic, 14 that are known cancer preventatives, 12 that are anti-tumor, 12 that are anti-inflammatory and that there are at least 10 different antioxidants in turmeric.† Turmeric benefits also come from its health-promoting vitamins, phenols and other alkaloids.

Indeed, turmeric is also anti-allergic, antibacterial, antimicrobial, antifungal, anti-parasitic, antiviral and anti-worm!† It’s also a strong relaxant and balancer. Hence, it’s useful in many food recipes as well as do-it-yourself home remedies.

Traditionally used in Chinese and Indian folk medicine, turmeric benefits will amaze you because this spice can treat a wide range of illnesses.† Find out more about its qualities that have made it a precious commodity for ages!

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The History of Turmeric
The History of Turmeric

The use of turmeric dates back nearly 4,000 years to the Vedic culture in India, where it was used in cooking as well as religious ceremonies. Turmeric most likely reached China by 700 A.D., East Africa by 800 A.D., West Africa by 1200 A.D. and Jamaica in the 18th century.

According to Sanskrit medical treatises and Ayurvedic and Unani systems, turmeric has a long history of medicinal use in South Asia. Topically speaking, turmeric essential oil is traditionally used as an antiseptic and in natural skin care to discourage acne and facial hair in women.

In 1280, Marco Polo described turmeric and was impressed that it exhibited qualities very similar to that of saffron. The plant was called Indian saffron during the Middle Ages because of its orange-yellow color.

Referred to as “Indian saffron” in medieval England, turmeric wasn’t understood or valued for a long time. People used it as natural food dye instead of as the unbelievable healing agent it really is.

Next to essential oils, few natural remedies have reached mainstream use like turmeric has these past few years. Interestingly enough, you’d expect that Americans would catch on sooner, considering that we’ve doused our Ball Park franks in yellow mustard since 1904. That was the year R.T. French Co. first started to use turmeric as a preservative and color agent for “creamy salad mustard.”

Present day, turmeric is widely cultivated in the tropics and goes by many different names in various cultures and countries. The name turmeric derives from the Latin word terra merita (meritorious earth), referring to the color of ground turmeric, which resembles a mineral pigment.
What Is Turmeric?

An ancient root used for its healing properties for centuries, turmeric comes from the rhizome (rootstock) of the Curcuma longa plant. A perennial herbaceous plant of the ginger family (Zingiberaceae), the turmeric plant grows to a height of about three feet and has yellow flowers. The root is bright-orange with a thin brownish skin.

Native to southern India and Indonesia, turmeric is cultivated on the mainland and in the islands of the Indian Ocean. To manufacture it, the roots of the plant are boiled, dried and then ground into a powder.

With a peppery, warm and bitter flavor, the mild fragrance of turmeric resembles orange and ginger, which makes it a national favorite in curry dishes dating back centuries. Today, it’s widely used in yellow mustard and as a natural health supplement.
Turmeric’s Key Ingredient: Curcumin
The key to turmeric’s healing power is the chemical compound curcumin. Nearly 7,000 peer-reviewed scientific articles are published evaluating its effectiveness, and although some side effects are reported, the resounding feedback from the research community is that turmeric and its primary component, curcumin, hold some profound healing benefits for the entire body.

Take, for instance, just a few of the most recent research studies published showing that curcumin can:

- Increase lifespan†
- Protect the liver oxidative stress†
- Kill fungus more effectively than ginger, clove and oregano†
- Induce tumor cell death in the deepest parts of individual cells†
- Kill bladder cancer cells†
- Destroy lung cancer cells†
- Lower blood cholesterol levels†
- Protect against cognitive/memory defects from heavy ion irradiation†

†These statements have not been evaluated by the Food and Drug Administration.
8 Major Health Benefits of Turmeric
The list of healing powers attributed to turmeric seems to go on for days. Of the 7,000 studies testing its effectiveness and safety, very few report any side effects whatsoever. Although inherent dangers exist for certain people, the vast majority of research findings center on the turmeric health benefits and its healing properties.

Some health conditions that turmeric naturally treats include the following impressive list, with specific benefits discussed:

1 | **Addresses Chronic Inflammation and Pain†**

The journal *Oncogene* published the results of a study that evaluated several anti-inflammatory compounds. It found that aspirin (Bayer, etc.) and ibuprofen (Advil, Motrin, etc.) are least potent, while curcumin is among the most potent anti-inflammatory and anti-proliferative agents in the world.

This means turmeric not only has great promise with chronic pain, but since it has less side effects, it may provide safe, lasting results!

2 | **Battles Arthritis†**

According to researchers at the University of Arizona College of Medicine, turmeric may help with different forms of arthritis, such as rheumatoid arthritis, osteoarthritis and even osteoporosis. During their research, they discovered an extract from turmeric called curcuminoid that blocks a protein called NF-KB factor from being activated in the joints. According to the researchers, when NF-KB is activated, it causes inflammation and degeneration of joint tissue.

Due to its high anti-inflammatory properties, turmeric is highly effective at helping people manage rheumatoid arthritis (RA). A recent study out of Japan evaluated its relationship with interleukin (IL)-6, the inflammatory cytokine known to be involved in the RA process, and discovered that curcumin “significantly reduced” these inflammatory markers.

This suggests that regular turmeric use could be a potent strategy to prevent the onset of RA from developing to begin with!

†These statements have not been evaluated by the Food and Drug Administration.
3 | **Lowers Depression†**

Researchers from the Government Medical College (Bhavnagar, Gujarat, India) published the results of the first study to evaluate curcumin’s ability to manage depression in a controlled setting.

Taking 60 volunteers diagnosed with major depressive disorder (MDD) and diving the group to determine how patients treated by curcumin compared against fluoxetine (Prozac) and a combination of the two, it discovered that the principal curcuminoid in turmeric is not only as effective as Prozac in managing depression, it doesn’t carry with it all the dangerous side effects as anti-depressive drugs do.

According to the paper, “This study provides first clinical evidence that curcumin may be used as an effective and safe modality for treatment in patients with MDD.”

4 | **Treats Diabetes†**

Turmeric is shown to lower blood glucose levels and reverse insulin resistance. For instance, an article published in *Biochemistry and Biophysical Research Communications* shared a study out of Auburn University that discovered curcumin suppresses glucose production in the liver.

Fascinatingly, researchers proved that it’s actually 400 times more potent than Metformin (a common diabetes drug) in activating AMPK and its downstream target acetyl-CoA carboxylase (ACC). Turmeric acted as an anti-diabetic and antioxidant in diabetes, especially type 1 diabetes, improved metabolic function and reduced the risk of plaque buildup in the arteries of type 2 diabetes patients.

5 | **Fights Cancer†**

Recent studies show turmeric is a powerful adversary to cancer. Curcumin shows a marked ability to inhibit cancer cell growth, boost antioxidant levels and the immune system, and kill cancer cells.† It seems to work on improving mitochondrial function at a cellular level, and it improves metabolism. Even against drug-resistant strains of leukemia, curcumin caused cell death of cancer cells.

†These statements have not been evaluated by the Food and Drug Administration.
6 | Improves Skin and Aging†

Turmeric has many healing properties for skin. It’s a natural anti-inflammatory so it reduces redness or other skin irritations. It’s antibacterial, so it’s great for blemishes, acne and skin balance. Turmeric is wonderful at improving the texture of the skin because it’s an exfoliant but also rich in antioxidants. It’s a wonderful natural treatment inside and out!

7 | Boosts Brain Health and Memory†

It’s all in your head … literally. This vital organ is the fundamental keeper of everything you’re able to think, act or dream. By taking turmeric, you can improve the oxygen intake of the brain, which helps in all of the brain’s functions and processes.

Turmeric is extremely healing for the brain and for increasing memory function. Not surprisingly, when your brain functions at its best, then you increase the uptake of hormones, such as serotonin and melatonin. So, by healing the basic functioning of the brain, you can also heal other mental illnesses.

8 | Slows Alzheimer’s Disease†

According to scientists, turmeric added to your daily diet will help prevent or slow the progression of Alzheimer’s disease by eliminating amyloid plaque buildup in the brain. Not only that, but it has shown to improve brain function and performance.

According to Dr. Sally Frautschy of the University of California, her studies show that elderly individuals living in Indian villages appear to have the lowest incidence of Alzheimer’s disease in the world. Her studies show that only 1 percent of elderly Indian men and women get Alzheimer’s (compared to 11 percent in the U.S.).

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10 Medications that Turmeric Defeats
10 Medications that Turmeric Defeats

Turmeric, the main spice in curry, is arguably the most powerful herb on the planet at fighting and potentially reversing disease.† This puts turmeric on top of the list as one of the most frequently mentioned medicinal herbs in all of science (the next most popular studied herbs include garlic, cinnamon, ginseng, ginger and milk thistle).

Of the 6000+ studies referencing curcumin, turmeric’s primary component, the most interesting finding is that when turmeric is compared to conventional medicine, its benefits equal that of many pharmaceutical medications.† In fact, a number of studies have even reported that using curcumin is more advantageous than certain prescription drugs. Keep in mind that one of the most powerful advantages curcumin has over the traditional medical approach is the lack of side effects.

When examining the research, turmeric benefits go beyond that of these 10 common medications:

**1 | Anticoagulants/Antiplatelets†**

Medical intervention generally includes the following medications to slow and prevent blood clotting:

- Aspirin
- Clopidogrel (Plavix)
- Diclofenac
- Enoxaparin (Lovenox)
- Ibuprofen (Advil, Motrin, others)
- Naproxen
- Warfarin (Coumadin)
- and others

Unfortunately, for people with conditions that are treated by these drugs (i.e. deep-vein thrombosis and pulmonary embolism), this approach may not always be the wisest decision. Ibuprofen overdose is one such common problem. In addition to common side effects like excessive bleeding and hemorrhage, the risks associated with anticoagulants abound and include everything from back pain to headaches to difficulty breathing.

Turmeric, on the other hand, has relatively no known side effects unless taken in extremely excessive amounts. Additionally, ever since several groundbreaking studies in the mid-1980s, the curcumin in turmeric has been suggested by researchers as actually being a better option for those with vascular thrombosis.

†These statements have not been evaluated by the Food and Drug Administration.
2 | **Antidepressants†**

Although few studies have been conducted on humans, dozens of research trials have proven that turmeric is especially effective in correcting depression symptoms in laboratory animals.

To address this issue, the journal *Phytotherapy Research* published the results of an amazing, innovative study. The study took 60 volunteers diagnosed with major depressive disorder (MDD), such as manic depression, and split the group to determine how patients treated by curcumin fared against fluoxetine (Prozac) and a combination of the two.

Not only was it discovered that all patients tolerated curcumin well, but they discovered curcumin was as effective as Prozac in managing depression. According to the authors, “This study provides first clinical evidence that curcumin may be used as an effective and safe therapy for treatment in patients with Mild Depression.”

3 | **Anti-Inflammatories†**

Arguably, the most powerful aspect of curcumin is its ability to control inflammation. The journal *Oncogene* published the results of a study that evaluated several anti-inflammatory compounds and found that aspirin and ibuprofen are least effective, while curcumin is among the most effective anti-inflammatory compounds in the world.

This news should have reached every household in the world after the study was conducted because inflammation puts people at risk for almost every disease process known to man. Diseases today such as cancer, ulcerative colitis, arthritis, high cholesterol and chronic pain can be the result of inflammation.

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Because curcumin is known for its powerful anti-inflammatory and pain-reducing characteristics, a study was conducted on 45 rheumatoid arthritis patients to compare the benefits of curcumin in turmeric to arthritis drugs (diclofenac sodium), that put people at risk of developing leaky gut and heart disease.

Published by in 2012, the study split these volunteers into three groups: curcumin treatment alone, diclofenac sodium alone, and a combination of the two. The results of the trial were eye-opening:

“The curcumin group showed the highest percentage of improvement in overall [Disease Activity Score] scores, and these scores were significantly better than the patients in the diclofenac sodium group. More importantly, curcumin treatment was found to be safe and did not produce any adverse events.

“Our study provides the first evidence for the safety and superiority of curcumin treatment in patients with active RA, and highlights the need for future large-scale trials to validate these findings in patients with RA and other arthritic conditions.”

Of all the various topics scientists have tackled in regards to the curcumin and disease reversal, cancer (of various types) is one of the most thoroughly researched topics.

In the words of global authorities like Cancer Research UK, “A number of laboratory studies on cancer cells have shown that curcumin does have anticancer effects. It seems to be able to kill cancer cells and prevent more from growing. It has the best effects on breast cancer, bowel cancer, stomach cancer and skin cancer cells.”

A 2007 American study that combined curcumin with chemotherapy to treat bowel cancer cells in a laboratory showed that the combined treatment killed more cancer cells than the chemotherapy alone.

States-side, the American Cancer Society states, “Laboratory studies have also shown that curcumin interferes with cancer development, growth, and spread. Researchers have reported that curcumin blocked the formation of cancer-causing enzymes in rodents. Recently, curcumin has received a great deal of focus because of its ability to reduce tumor size and kill cancer cells.”

Bottom line: Turmeric works incredibly well to help naturally treat cancer and is especially effective at treating breast cancer, colon cancer and skin cancer.†
Oftentimes, people with digestive and stomach complaints become intolerant to medical interventions because the stomach flora is already compromised and drugs can literally tear up the mucosal lining.

An in-depth analysis of all the studies evaluating curcumin’s ability to manage inflammatory bowel disease (IBS, Crohn’s disease and Ulcerative Colitis) found that many patients were able to stop taking their prescribed corticosteroids because their condition improved so dramatically by taking curcumin!

For many patients with IBD (inflammatory bowel disease), corticosteroids reduce their pain symptoms but damage the intestinal lining over time, actually making the condition worse.

However, supplementing with curcumin did not have these side effects and, because of its anti-inflammatory properties, actually helped heal the gut and supported the growth of good bacteria (probiotics).
For lowering blood sugar and reversing insulin resistance, there’s arguably no better natural treatment than adding turmeric into your diet.

In 2009, *Biochemistry and Biophysical Research Communications* published a study out of Auburn University that explored how supplementing with turmeric can help reverse diabetes. The study discovered that curcumin in turmeric is literally 400 times more potent than Metformin (a common diabetes drug) in activating AMPK, which improves insulin sensitivity and can help reverse Type 2 Diabetes.

In addition to correcting the causes of diabetes, curcumin has also been proven to help reverse many of the issues related to insulin resistance and hyperglycemia.

Take, for instance, diabetic neuropathy and retinopathy. One of the most common complications of diabetes is damaged blood vessels which cause blindness. A study found that supplementing with curcumin can delay this horrible complication of diabetes because of its anti-inflammatory and antioxidant properties.

One of the reasons heart disease is such a problem in the U.S. is that people are developing pre-diabetes (excessive blood sugar) at an alarming rate.

In turn, diabetics and non-diabetics alike are suffering from a common complication called oxidative stress, which damages the inside of blood vessels. Because of this damage to the arteries, cholesterol begins to build up to patch up the damaged areas, which leads to high levels of LDL cholesterol.

Traditionally, statin drugs (like Lipitor) are widely known to harm the kidneys and liver and cause a number of deadly side effects. They do bring cholesterol down but never address that actual cause, which is oxidative stress that is caused by high blood sugar levels and inflammation.

Thankfully, medical doctors are becoming more and more aware of the dangerous side effects of statin drugs and prescribing natural alternatives like curcumin and fish oil instead!

A study done by *Drugs in R & D* found that curcumin was equal or more effective than diabetes medications at reducing oxidative stress and inflammation in the treatment of high cholesterol.

Studies like these are causing pharmaceutical companies to try and design a synthetic form of curcumin that, unfortunately, will not work as well as the real thing.
Lastly, we’ll take a look at how turmeric benefits the many conditions normally treated by corticosteroids such as:

- Psoriasis
- Lupus
- Rheumatoid arthritis
- Scleroderma
- Chronic pain

While steroids cause a raft of serious side effects, sometimes even deadly complications, turmeric is a natural anti-inflammatory with little to no side effects. In a 1999 clinical study, it was found that curcumin has the ability to cure chronic inflammation of the eye. Typically this condition was only treated with steroids, but today it’s common for medical doctors who practice functional medicine to prescribe curcumin instead.

If you have any of the diseases above, you will want to consider this natural approach first. For those of you who aren’t sick, taking turmeric will serve you well as a preventative measure.
Side Effects of Turmeric vs. Side Effects of Common Drugs
While the pros of turmeric health benefits usually outweigh the cons, it’s important to know that there can be some side effects with turmeric. Some people report allergic reactions to turmeric, especially after skin exposure. Typically, this is experienced as a mild, itchy rash. In addition, high doses of turmeric have been observed to cause:

### Turmeric Side Effects

<table>
<thead>
<tr>
<th>Indigestion</th>
<th>Nausea</th>
<th>Diarrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver problems</td>
<td>Increased risk of bleeding</td>
<td>Increased liver function tests</td>
</tr>
<tr>
<td>Alopecia (hair loss)</td>
<td>Hyperactive gallbladder contractions</td>
<td>Hypotension (lowered blood pressure)</td>
</tr>
<tr>
<td>Uterine contractions in pregnant women</td>
<td>Increased menstrual flow</td>
<td>Heartburn</td>
</tr>
</tbody>
</table>

People taking certain medications should also be careful when using turmeric in their food or supplementing with it. Turmeric may interfere with anticoagulants like aspirin, clopidogrel and warfarin. It also can affect medications such as nonsteroidal, anti-inflammatory drugs. As with any herb or supplement, use as directed.

But when compared to side effects of common drugs like steroids, there really is no comparison.

“The lack of side effects with curcumin is its greatest advantage compared with corticosteroids,“

— researchers from K.G. Medical College
To give you a sense of the amount of suffering alleviated by curcumin, the following is a sample of steroid side effects listed by the UK’s National Health Services (NHS):

<table>
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<th>Steroids Side Effects</th>
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<tbody>
<tr>
<td>Acne</td>
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<tr>
<td>Asthma</td>
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<tr>
<td>Cancer</td>
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<tr>
<td>Cataracts</td>
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<tr>
<td>Delayed wound healing</td>
</tr>
<tr>
<td>Diabetes onset</td>
</tr>
<tr>
<td>Glaucoma</td>
</tr>
<tr>
<td>Hypertension (high blood pressure)</td>
</tr>
<tr>
<td>Increased appetite (oftentimes leading to increased weight)</td>
</tr>
<tr>
<td>Indigestion</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Kidney and thyroid issues</td>
</tr>
<tr>
<td>Muscle weakness</td>
</tr>
<tr>
<td>Nausea</td>
</tr>
<tr>
<td>Risk of infection</td>
</tr>
<tr>
<td>Stunted growth in children</td>
</tr>
<tr>
<td>Tachycardia (rapid heartbeat)</td>
</tr>
<tr>
<td>Thinning skin (leading to easy bruising)</td>
</tr>
<tr>
<td>Mood disturbances (including aggression, irritability, and rapid mood swings mimicking bipolar disorder)</td>
</tr>
</tbody>
</table>
You can take turmeric in many ways depending on what you want to treat. For healing and medicinal properties, it’s easiest to take in capsule form. If you want to enjoy the turmeric benefits of beauty enhancing and anti-aging qualities, you’ll see how you can use it in face masks and scrubs.

Lastly, and certainly not least, you can add turmeric to your food. Try it in soups or a marinade, or add to your rub next time you grill. It’s so versatile and delicious! Just be careful not to get it on your clothing as well, since it may stain.

Therefore, along with adding turmeric into your diet, you may also consider taking turmeric/curcumin in supplement form. I personally recommend consuming a CO2 extracted form of turmeric.

Bear in mind that turmeric dosage mainly depends on age. For instance, adults are generally recommended to follow these guidelines:

**SUPPLEMENT**
450 milligrams of curcumin capsules each day or up to 3 grams of turmeric root daily (divided into several doses)

**TEA**
1 to 1.5 grams of dried root steeped in 5 ounces of water for 15 minutes twice daily

**ESSENTIAL OIL**
½ tablespoon of turmeric oil three times daily

To give you a feel for the dosage amount, it’s been reported that the average dietary intake of turmeric in the Indian population may range between 2 to 2.5 grams, corresponding to 60 to 200 milligrams of curcumin daily.
For children, it’s reported that there is “no proven or safe medicinal dose of turmeric in children.” With that said, I recommend “culinary doses” by regularly including it into your natural health meal plan as you would any other spice or herb. This way you can rest assured that your kids get their fair share of turmeric benefits every day.

Also, according to a study published in *Planta Medica*, taking turmeric in combination with black pepper, which contains piperine, improves turmeric absorbability throughout the entire body. They added 20 milligrams of piperine to 2000 milligrams of turmeric, and it increased the bioavailability of turmeric 154 percent!

Here are some additional recipes and DIYs to try:

**TURMERIC TEA RECIPE (“LIQUID GOLD”)**

One of my favorite recipes for including turmeric benefits into your diet is turmeric tea, aka "liquid gold." It’s a popular beverage all over Asia.

**Time: 5 minutes | Serves: 2**

**INGREDIENTS:**
1 cup coconut milk
1 cup water
1 tablespoon ghee
1 tablespoon honey
1 tablespoon turmeric (powder or grated root)

**DIRECTIONS:**
1. Pour coconut milk and water into the saucepan and warm for 2 minutes.
2. Add in butter, raw honey and turmeric powder for another 2 minutes.
3. Stir and pour into glasses.
TURMERIC EGGS RECIPE

If you’ve never incorporated benefit-rich turmeric into your morning meals, prepare for a life-changing experience. This powerful herb is just what you need to kickstart your day.

**Time: 25 minutes | Serves: 1–2**

**INGREDIENTS:**
- 4 eggs
- 2 ounces shredded raw cheese
- 3 tablespoons ghee
- ½ cup chopped red onions
- 8 chopped green onions
- 1 cup chopped yellow pepper
- 6 cloves of minced garlic
- 1 tablespoon thyme
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 tablespoons turmeric

**DIRECTIONS:**
1. Sauté onions, green onions and garlic in pan with ghee over medium-low heat for 10 minutes.
2. Add in eggs, cheese and herbs. Cook for 10 minutes, stirring continuously and add in turmeric.

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TURMERIC ANTISEPTIC SCABIES CREAM

This homemade cream helps soothe itching and can speed up the healing process.

**Time: 5 minutes | Serves: 30 uses**

**INGREDIENTS:**
- 2 ounces neem oil
- 1 ounce coconut oil
- 1 ounce ground turmeric
- 1 ounce lemon juice
- 10 drops tea tree essential oil

**DIRECTIONS:**
1. Place all ingredients into a bowl and whip to the consistency of a cream. Apply the cream on the affected area two or three times a day.
2. You can leave it on or gently wash off after 15–20 minutes.
TURMERIC FACE MASK

A turmeric face mask is an excellent exfoliating agent and very easy to make right at home with just a few ingredients. Indian brides have long used turmeric body scrubs and face masks to purify and cleanse their bodies as well as provide a healthy glow by brightening their skin right before their weddings.

Turmeric can benefit your skin as a home remedy for acne, eczema, psoriasis, dry skin, wrinkles and dark circles under the eyes. It also reduces skin inflammation due to being high in antioxidants and slows down cell damage. As well, it can help reduce pigmentation that evens out skin tone.

**Time: 10 minutes  |  Serves: 1–2 applications**

**INGREDIENTS:**
- ½ teaspoon turmeric powder
- ½ teaspoon organic apple cider vinegar
- 1 tablespoon of organic, raw, local honey
- ½ teaspoon milk or yogurt
- [optional] 1 drop lemon essential oil or fresh lemon juice for additional skin brightening

**DIRECTIONS:**
1. Wash face and hands first to remove impurities and any make-up.
2. In a small bowl or jar, mix the turmeric powder with the honey, apple cider vinegar, milk or yogurt and optional lemon oil. Try to get a consistency that will stick to your face. Be careful not to make it too thin as it may drip.
3. Apply the mask carefully avoiding your eyes.
4. Allow the mask sit on your face for 15–20 minutes then rinse with warm water.
5. If you have any leftover, you can cover and leave in the fridge for your next application.
6. Apply twice a week for best results.
DIY BLACKHEAD REMOVAL MASK WITH TURMERIC

Because turmeric has anti-inflammatory properties, it not only will help reduce the appearance of blackheads, it can help prevent them in the first place. Also, the antioxidants within it helps keep the skin elastic and give it youthful glow.

Time: 5 minutes   |   Serves: 1–2 applications

INGREDIENTS:
1 tablespoon gelatin (or 1 tablespoon Dr. Collagen Skin, Hair & Nails)
1 drop peppermint essential oil
1 drop frankincense essential oil
½ teaspoon turmeric

DIRECTIONS:
1. Heat ⅛ cup of water in a pan. Place the warm water in a small dish.
2. Add the peppermint essential oil. Stir.
3. Add the gelatin or Dr. Collagen Skin, Hair & Nails. Blend well.
4. Add the frankincense. Stir.
5. Add the turmeric. Stir until well blended.
6. Apply to the nose and cheek area or you may apply to the entire face and neck area. Allow it to dry, then gently peel it off. Rinse with warm water.
Dr. Josh Axe, DNM, DC, CNS is a bestselling author, certified doctor of natural medicine, doctor of chiropractic, clinical nutritionist, and founder of one of the top 5 natural health websites in the world, with more than 10 million readers per month. Dr. Axe is the author of the books *Eat Dirt* and *The Gut Repair Cookbooks*, and he’s the co-founder of Ancient Nutrition and NUMA Essentials.

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