

# Curry:

## *A powerhouse spice*

Curry is a unique, delicious spice commonly found in East Indian cuisine. Curry powder is actually a blend of several ground spices, including turmeric, coriander, pepper, cumin, cinnamon, and chili. Each mixture can be different, and its color ranges from golden yellow to deep orange. The spices that make up curry powder have long been used in traditional Ayurvedic medicine. More recently, modern science is researching some possible health benefits.

### DECREASED INFLAMMATION

One of the main ingredients in curry, turmeric, contains a botanical component called curcumin. It has been studied for its anti-inflammatory ability. Curcumin may be beneficial for people with inflammatory conditions such as arthritis and inflammatory bowel disease.

### ANTIOXIDANT PROPERTIES

Antioxidants are abundant in curry powder. These act to help prevent cell damage and protect against early aging. In general, plant foods with rich, deep colors are higher in antioxidants. Curry is no exception. The bright yellows and oranges indicate a variety of potent antioxidants.

### CANCER-FIGHTING

Turmeric shows promise as an anti-cancer agent by interfering with cancer cells. The anti-inflammatory and antioxidant properties of curry may also be protective against cancer.

### IMPROVED DIGESTION

Many of the spices in curry powder may help digestion. Turmeric, cinnamon, and cumin are among the spices known for improving digestive health. Some curry blends also contain ginger, which may help reduce nausea and speed digestion.

### HEART HEALTH

Curry powder may help decrease blood pressure and lower levels of cholesterol and triglycerides.

### ASK YOUR DOCTOR

Always check with your doctor before taking turmeric or curcumin as a supplement.

