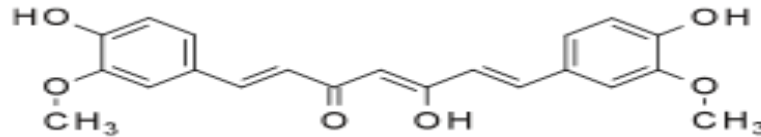


## Turmeric, Diabetes Herbal Treatment

A. Common name & botanical name of supplement: turmeric, turmeric root, Indian saffron, Latin name *Curcuma longa*. It is grown throughout India, Asia, and Africa. When it gets dried in oven it turns to a deep orange yellow powder. People in Asia and India use it as a spice. Turmeric has a bitter taste.

b. Active compound, if known: Curcumin is the active ingredient. It is a diarylheptanoid. These are natural phenol.



c. Potential or suggested uses for the supplement in general, and specifically for DM or HIV. What is the supplement purported to do? Turmeric was used in traditional medicine and Ayurvedic medicine. It can aid cancer, diabetes, digestion and liver function, relieve arthritis pain (inflammation), and regulate menstruation. I remember in my country Iran turmeric was used directly on the skin for wound healing. Curcumin can help diabetes and its complications in many different ways.

d. Side effects or toxicity of the supplement: some studies showed that high doses of consuming turmeric can have some side effects such as diarrhea and nausea. It also has a nutrient-nutrient interaction and it can cause iron deficiency.

e. Scientific evidence for efficacy of the supplement: Curcumin can help diabetes and its complications in many different ways. For example we know inflammation is one of the main contributors to diabetes by inhibiting glucose uptake by GLUT 4 in our body. One way that turmeric helps diabetes is that it limits the release of proinflammatory factors. Research showed that “curcumin restored transmembrane potential and stiffened membrane fluidity, limiting the release of proinflammatory factors, such as MCP-1 from endothelial and immune cells in human umbilical vein endothelial cells and Jurkat T lymphoblasts in the presence of high glucose or increased concentrations of AGEs.” (Dong-wei Zhang, 2013) Another potential way that turmeric can help diabetes is that it can reduce glycemia and hyperlipidemia. They have researched it on rodent models of diabetes and it reduced diabetes complications. Curcumin has been also reported to be active against diabetic vascular disease and vascular damages.

f. Potential interactions with foods, or with prescription or over the counter drugs: it has a nutrient-nutrient interaction and cause iron deficiency by interacting in iron metabolism and chelating iron.

g. Professional conclusion: Based on your research, would you recommend this supplement to a client? – why/why not

I will suggest it to clients but I will make sure they don't have gallbladder disease because it was stated that it may worsen the condition. Turmeric is a spice with so many benefits for human body when consumed in the right amount. Curcumin can affect diabetes by decreasing insulin resistance, increasing uptake of glucose, hyperglycemia, hyperlipidemia, limiting proinflammatory factors. In addition, curcumin can prevent and reduce the complications of diabetes.

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