***7 Incredible Benefits of Turmeric***

Known as a spice, healing agent, and textile dye, [turmeric](https://nuts.com/cookingbaking/herbsspices/turmeric.html) is an incredibly versatile ingredient native to the Indonesian and southern Indian regions. It has a deep orange flesh, which is encased in a tough brown skin. medicinal aid for centuries in Asian countries

Among its most important attributes, turmeric contains [curcumin](http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/curcumin), a compound that has been used as a medicinal aid for centuries in Asian countries

**It Elevates Dishes**

Turmeric is a common spice in curry because of its warm and earthy trait. But it can be used to elevate nearly any recipe. Its mustard and ginger qualities add both heat and a savory flavor, and it also has a bitterness that can help cut through sweetness to balance out dishes.

**Keep Your Face Fresh with a Turmeric-Based Skin Solution**

Beyond a cooking ingredient, this spice has been used in many parts of the world as a beauty product. It [has been known](http://europepmc.org/abstract/med/20626172) to help with skin conditions such as acne, rosacea, and eczema. You can even mix turmeric with some oil and lemon juice to help with dry skin.

**Turmeric Reduces Inflammation**

Inflammation is your body's natural response to injury. When a part of your body is injured, [the blood vessels widen](http://www.healthhype.com/inflammation-causes-symptoms-process-treatment.html) and allow more blood flow to the area. This is what makes inflamed tissue puffy and red. Because turmeric is rich in curcumin, it can [reduce inflammation](http://www.ncbi.nlm.nih.gov/pubmed/17569207) by blocking enzymes that cause tissue inflammation.

**Add Essential Vitamins and Minerals to Any Dish**

Seven grams of this spice can provide over [25% of your daily recommended intake of manganese](http://nutritiondata.self.com/facts/spices-and-herbs/212/2), which is a mineral that promotes [strong bones and brain function](http://umm.edu/health/medical/altmed/supplement/manganese). Turmeric is also a good source of iron, fiber, potassium, and vitamin B6.

**It Provides Antioxidants**

Antioxidants are incredibly important to your health. This defense system works throughout the body to find and eliminate molecules called [free radicals](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/), which harm cell membranes and even cause cell death and many types of cancer. Turmeric is a rich source of [antioxidants](http://umm.edu/health/medical/altmed/herb/turmeric), which may help reduce or even prevent some of the potential damage that free radicals can create.

**A Spice that Improves Brain Function**

Research has shown that turmeric contains another compound, [aromatic-turmerone](http://stemcellres.biomedcentral.com/articles/10.1186/scrt500), which can increase stem cell growth in the brain. This is believed to improve both spatial and non-spatial memory as well as to support regeneration in neurologic disease.

**Turmeric May Help Mitigate Risk for Chronic Diseases**

The key ingredient in turmeric, curcumin, can be used as [preventive treatment](http://www.ncbi.nlm.nih.gov/pubmed/19233493) for many diseases, disorders, and other health issues, including [Alzheimer’s](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2781139/) and some cancers.

According to a [*Journal of Medicinal Food*study](http://www.ncbi.nlm.nih.gov/pubmed/21332404), turmeric can also reduce plaque buildup in the arteries, which can otherwise lead to atherosclerosis, or heart disease.