

Theracurmin®

About Theracurmin

- Theracurmin is a special extract from the spice turmeric (*Curcuma longa*) containing a standardized amount of curcumin in a base of naturally occurring emulsifiers.¹
- Theracurmin is the most advanced curcumin product as it utilizes a special manufacturing technique to increase bioavailability. By a patented process, this all-natural preparation reduces the particle size of curcumin, thereby dramatically increasing its solubility (absorption).²
- Theracurmin exhibits a much higher absorption efficiency than other well-known curcumin brands.³ Curcumin has demonstrated significant activity and therapeutic benefits in many experimental and clinical studies mostly because of its antioxidant and anti-inflammatory effects.⁴
- Inflammation, sometimes referred to as the “silent killer,” is linked to a wide number of major chronic degenerative disorders. This “silent epidemic” reflects an underlying low-grade internal stimulation of the body’s inflammatory process with no obvious outward signs of inflammation as seen in an infection or injury.⁵ Theracurmin has the ability to reduce the adverse effects of silent inflammation.⁶
- In one clinical study, high-potency Theracurmin has been shown to reduce osteoarthritic knee pain and reduce the need for anti-inflammatory drugs.⁷
- Curcumin is particularly helpful in preventing LDL, or bad cholesterol, from becoming oxidized and damaging the internal lining of our arteries, lowering our risk of heart disease.⁸
- There is considerable researched evidence that curcumin protects against age-related nerve degeneration by reducing the development of a brain-toxic protein called beta-amyloid.^{9,10}

How to Use Theracurmin

- Take 1 capsule per day or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant, are taking antiplatelet medication or blood thinners, have gallstones, a bile duct obstruction, stomach ulcers, or excess stomach acid. Keep out of reach of children.¹¹

Drug Interactions

- Curcumin may inhibit blood clotting ability, which may increase bleeding times. Theracurmin should not be taken in conjunction with other drugs that inhibit clotting, including aspirin, clopidogrel (Plavix), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, ticlopidine (Ticlid), and warfarin (Coumadin).¹² Consult a health care practitioner prior to use if undergoing chemotherapy as curcumin has been shown to enhance the effect of some chemotherapeutic medications, as well as inhibit the effect of others. A reduction in the dose of medications used to treat diabetes may be necessary, as curcumin enhances the effect of insulin.

Quick Tips for Optimal Health

- Abdominal fat is the strongest independent predictor of silent inflammation.¹³ Therefore, it is critical to achieve your ideal body weight. Use a highly soluble fibre supplement designed to help improve satiety and modify body weight.¹⁴
- Eat a low-glycemic index (GI) and volumetric diet to improve blood sugar control. A decreased sensitivity or responsiveness to insulin leads to elevations in blood sugar and increased oxidative (free radical) stress.^{15,16}
- Eat richly coloured fruit and vegetables (8–10 servings per day). Diets rich in plant pigments, especially flavonoids, found in soy, apples, berries, and other fruit and vegetables are associated with lower levels of inflammation.¹⁷
- Reduce your omega-6 fatty acids. When fighting inflammation, it is a good idea to reduce meat and dairy intake as well as eliminate common sources of omega-6 fats, including soy, safflower, sunflower, and corn oils.¹⁸
- Take a high-quality fish oil supplement providing at least 1000 mg of EPA+DHA. In more severe cases of inflammation, this should increase to 3000 mg of EPA+DHA.¹⁹ Eliminate margarine and other foods containing trans fatty acids and partially hydrogenated oils.^{20,21}
- Daily aerobic exercise has been clinically shown to reduce inflammation.²²
- Research shows that four tablespoons of sesame seeds (40 g or approximately 1.5 oz) per day for eight weeks help ease pain and improve mobility in individuals dealing with knee osteoarthritis.²³

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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