Turmeric is one of the most medically and scientifically studied plants/herbs on the plant, but most of us just know it as one of the main ingredients in Indian curries.

As a keen runner I was aware that turmeric has very powerful anti-inflammatory painkilling properties. It is widely used by sports men/women as a natural alternative to taking ibuprofen to reduce inflammation and injuries. Turmeric has also been proven to reduce the pain and inflammation of arthritis... Below is a website that lists 600 studies where turmeric was successfully used to treat a whole manner of health conditions. It makes very interesting reading, and if you suffer from one of the conditions covered, it could be worth doing some research on dosage/preparation and giving turmeric a go.