



Ways to use Turmeric Everyday

Turmeric! Everyday for: Liver support, Microbial support, Anti-inflammatory, Improves cellular health, improves BDNF in our brains (preventing dementia & alzheimers), cancer cell apoptosis (programs cancer cells to die), helps reduce pain . . . Over 600 reasons in the body to use it everyday.

I prefer to make some version of turmeric tea every morning:

- ☪ My favorite is chop the whole root with a little ginger and a sprinkle of fresh ground black pepper. Steep it for about 15 minutes.
- ☪ When I don't have fresh turmeric root, I use the powder, and mix it various other herbs or spices like cayenne or ginger and black pepper (black pepper improves the absorption of turmeric).
- ☪ Also cooking frequently with turmeric is good. Turmeric is best absorbed in small culinary doses throughout the day, so each time you heat up oil in a skillet throw in a pinch of turmeric powder.
- ☪ **Turmeric Paste** aka Golden Milk: When I feel like I need a "heroic" dose of turmeric I use about 1/2 cup turmeric powder, about 1" sliced fresh ginger, and a sprinkle of black peppercorns. Put this in about a cup of water and boil down to a paste. Add 1/3 cup coconut oil and stir it in. You can put this in a jar and refrigerate for a week or two. I then take 1 tablespoon of the paste, mix it in warm water for a thick tea or coconut milk or heavy cream (grass fed).
- ☪ Quick & Easy Turmeric Paste recipe - Mix equal parts organic turmeric powder and raw honey into a paste. At the first sign of feeling run-down, take 1 tsp of the paste every two hours until you're feeling better. To make the formula more potent, add black pepper and make a paste with equal parts ghee and honey — then you've got a pretty amazing remedy.
- ☪ Turmeric Tea with increased absorption: Turmeric can be hard for the body to absorb, adding pepper helps your body get the nutrients from turmeric, also boiling it increases absorption rate as well. Here is a recipe that is supposed to have a high turmeric absorption rate: **Add 1 tablespoon Turmeric and several good black pepper grinds into a quart of water that is already boiling (some ginger is good in this concoction as well.** (If you add it to room temperature water and then boil, it doesn't work as well.) After **boiling it for 10 minutes**, you will have created a 12 percent solution. Drink once it has sufficiently cooled.
- ☪ **AND MY FAV TURMERIC LATTE** - Make the above turmeric paste by cooking down 1/2 cup turmeric in 1 cup water (with the ginger and black peppercorns as above). Remove the paste from heat and stir in about 1/3 cup coconut oil. (You can store this in a glass jar in the fridge for about a week). When you are ready take a heaping teaspoon of the turmeric/coconut oil paste, put it in a mug and sprinkle with a dash of cinnamon, cardamom, and clove. Top with steamed milk of your choice (if you don't have a milk steamer heat it up on the stove and froth it with a french press). Recommended milk: Pastured, Local, organic, raw or vat pasteurized milk or organic real coconut milk.
- ☪ A spoonful of Turmeric: About 1/4 tsp turmeric powder, black pepper grinds, 1/2 tsp honey, and a 1/2 tsp ghee or coconut oil. Mix together and consume.
- ☪ **My turmeric tea recipe when I am feeling a little under the weather:**



Bobbi Misiti

Yoga & Health Coaching

717.443.1119 www.befityoga.com

Fresh sliced turmeric root (lots)

Fresh ginger

Black seed

ground peppercorns

sprinkle of turmeric powder (the powder vs. the whole root each has different benefits) o

Pinch or two of cayenne to taste or a chili pepper

Pour boiling water over and let it steep about 10-15 minutes

Strain and add (optional if you don't have): Echinacea Tincture

fresh lemon juice

local raw honey

top with a teaspoon or two of coconut oil Stir well and enjoy.