

# Can You Guess Which Common Ingredient May Be As Effective as Several Drugs?



Turmeric, according to scientists, hundreds of [studies](#) and doctor advocates, is arguably the most powerful herb on the planet at fighting and potentially reversing disease. This puts Turmeric on top of the list as one of the most frequently mentioned medicinal herbs in all of science.

It has so many scientifically documented healing properties that there are thousands of articles published proving the benefits of Turmeric and one of its two dozen healing compounds, **Curcumin**. Of those studies referencing Curcumin, the most interesting finding is that when Turmeric is compared to conventional medicine it's benefits equal that of the pharmaceutical medications. In fact, a number of studies have even reported that using Curcumin is *more* advantageous than prescription drugs. Those medications include, Anticoagulants, Anti-inflammatories, Chemo therapies, Steroids, Cholesterol Regulators, Painkillers and more.

Read more about just one of the **major health benefits** is its [natural anti-inflammatory benefits](#):

>> <http://turmeric.purehealthorigins.com/benefits/anti-inflammatory/>

[<< Read more about Turmeric and its health benefits here >>](#)

