

> *Turmeric Extract 4 fl. oz.*

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Manufacturer: Pure Herbs, LTD.

Below is about historical observations and historical data relating to herbs. This document is not intended to be a substitute for medical advice by license physicians. All readers should consult a physician regularly in all matters related to medical problems. This includes the diagnoses and treatment of disease and all other physical and mental conditions.

TURMERIC pronounced (tour-mer-ic) or two-mer-ik) is a spice/herb and has its home in the dry forests of India but will easily adapt to your garden and become domesticated. It will come up again and again year after year. Its scientific name is *Curcuma domestica*. The plant has long slender leaves well over a yard in length. Its underground finger- shaped storage stems are the part used. They are boiled for a few minutes, then dried and are then ready for use. These underground stems make a bright yellow-orange dye suitable for wool and silks. The yellow robes you see of the Buddhist monks are dyed with Turmeric. Since Turmeric, among other things, is an excellent antiseptic and antibiotic, they wear their medicine and absorb it continually through their skin. Maybe they do know something. Millions of women in India rely on Turmeric to get through menstruation with as little discomfort as possible. It prevents excess cramping and keeps the female area and neighboring bowel clean. In actual practice, many Western women apply Herbal Adjustment and then Turmeric to the abdomen as needed and sail through period time. In Japan they have had very impressive results in correcting ulcerative colitis and all manner of digestive problems with Turmeric. Much scientific evidence supports the statement that Turmeric is highly antioxidant (a poison antidote which prevents damage to newly forming and existing cells).*

DOSAGE: 40 drops to 1 teaspoon as needed 3 times per day.*This product has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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