

# FARM FRESH

Superior medicinal herbs and smart foods.



## TURMERIC

Turmeric – and especially its most active compound, curcumin – have many scientifically proven health benefits, such as the potential to improve heart health and prevent against Alzheimer's and cancer



**THAI FREEZE DRY**  
COMPANY LIMITED

[www.thaifreezedry.com](http://www.thaifreezedry.com)



# Health Benefits

1

**Powerful antioxidant**

5

**Improves cognitive function**

2

**Promotes brain growth and brain health**

6

**Anti-depressant**

3

**Anti-Inflammatory**

4

**Boosts enzyme production**



Turmeric, (*Curcuma longa*), contains hundreds of chemical species including a variety of curcuminoids working together in synergy. It is this synergy that makes our full-spectrum whole food powder a better alternative than single extracts. This aligns with our mission to “revive your relationship with nature’s complete foods”. Much if not all of the turmeric powder in the market will have been processed by boiling or steaming as a first step after washing. In Thai Freeze Dry’s “Cellular Fraction-Line Technology” (CFL) the turmeric is not exposed to heat during any part of the process. This preserves many of the heat-sensitive active compounds. This is the “Thai Freeze Dry” difference.

# INTERESTING FACTS

■ Neurons form new connections and also grow and multiply in the brain. A growth hormone, essential to this process is BDNF (Brain-Derived Neurotrophic Factor). This hormone decreases as you grow older. Decreased levels of BDNF are linked to brain disorders such as Alzheimer's disease, depression and age-related decreases in cognitive functions. Curcumin has been shown to increase levels of BDNF.

■ Turmeric is a highly effective anti-inflammatory as powerful as anti-inflammatory drugs that have a long list of negative side effects. Curcumin acts on the molecular level to block NF-kB, a molecule that travels into the nuclei of cells and turns on the gene expression for inflammation. This effectively interrupts the inflammation cycle.



# INTERESTING FACTS

■ Excessive free radicals that attack our healthy cells are kept in check by antioxidants. Curcumin has a double antioxidant effect. It contains strong antioxidant compounds that neutralize free radicals and, at the same time, boost the body's natural ability to synthesize the enzymes that act as our endogenous antioxidants. It acts along both of these metabolic pathways at the same time.

■ Curcumin shows promise as an antidepressant. Depression is linked to reduced levels of brain-derived neurotrophic factor (BDNF - a brain growth hormone) and a shrinking hippocampus (the area of the brain associated with learning and memory).

# In-Depth Look

1

Cucumin crosses the blood-brain barrier to exercise a direct influence in reducing oxidative damage and inflammation in the brain.

Turmeric displays powerful anti-inflammatory effects. Given the fact that inflammation is linked to a wide spectrum of health issues including heart disease, metabolic syndrome, arthritis, and degenerative nervous system disorders such as Alzheimer's disease and contributes significantly to the aging process, turmeric makes an effective anti-aging daily supplement to your diet.

Organically Certified By USDA / EU/ and JAS (Japan) Organic certification

For prices & availability please email : [sales@thaifreeze-dry.com](mailto:sales@thaifreeze-dry.com)



# Citation:

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