

Liposomal Turmeric, About

Green Med Info explained in a recent email, why using liposomal turmeric is a better form when taken supplementally. GMI recommends PuraThrive's Liposomal Turmeric (<https://purathrive.com/green-med/turmeric/?AFFID=386023>).

From the GMI link (above):

"Enzymes in the mouth and stomach, digestive juices, bile salts (to neutralize the digestive acids), and various flora in the intestines can break-down and degrade the supplement.

Like microscopic bodyguards, the Micelle Liposomal delivery system grabs hold of the nutrients (in this case Turmeric), protecting them as they travel through your digestive system, into your bloodstream and into your cells where they are needed...unharmd."

To liposomalize ginger and/or turmeric in your gut:

The following combo forms liposomes around the ginger/turmeric (once the mix gets to your gut), making the spices more useful and effective in the body..

- Start with turmeric and/or ginger (dried, ground spice, or chopped fresh rhizome)
- Add coconut milk or fresh whole milk (preferably raw milk);
- Then add coconut oil or ghee.
- To make the mix even more effective, add some black pepper (for piperine, aka bioperine)
- Mix well in a blender or by hand to help liposomalize the ginger and turmeric.

Another great way to liposmalize ginger/turmeric is to drink **Golden Milk (aka Golden Tea)**; see my recipe on Cat's Kitchen (catsfork.com/CatsKitchen/golden-milk-turmeric-tea/), which provides several different recipes. I like to drink this before bed.

Or you can take liposomal ginger as a supplement in softgel form. I'm currently taking SR Brand (Sports Research; see Amazon code B00A39MPNI), which contains:

- Turmeric and black pepper extracts,
- Organic virgin coconut oil and Organic yellow beeswax,
- all combined in a softgel.

It is really helping with the pain from arthritis in my knees. Note there are several other brands of liposomal turmeric available as well.