

## Healthy Turmeric Tea

*Excerpted from [www.DrWeil.com](http://www.DrWeil.com) News, by Brad Lemley*

The good news about this cross-cultural spice is that elderly villagers in India, who eat turmeric in their daily curries, have the world's lowest rate of Alzheimer's disease. That does not appear to be a coincidence. In a study at the University of California at Los Angeles, scientists fed curcumin, an active compound in turmeric tea, to rats prone to accumulate beta-amyloid plaque in their brains - the abnormality associated with Alzheimer's disease in humans. Curcumin blocked the plaque's accumulation. It also appeared to reduce inflammation related to Alzheimer's disease in neural tissue. The rats fed curcumin also performed better on memory tests than rats on normal diets.

If you would like to try it, here's a recipe. Feel free to experiment with the ingredients and flavorings until you find a combination that suits your taste:

### Directions

- Bring four cups of water to a boil.
- Add 1 teaspoon of ground turmeric.
- Reduce to a simmer for 10 minutes.
- Strain the tea through a fine sieve into a cup.
- Add almond milk, honey and/or lemon to taste.

Some people like to add a teaspoon of ginger along with the turmeric. While ground versions are more convenient, it's worthwhile to experiment with freshly grated turmeric for a more vibrant flavor. These distinctive, deep-orange roots are increasingly available in American grocery and natural food stores. Enjoy!



## Roasted Turmeric Cauliflower

### Ingredients

1 head of organic cauliflower  
2 TBSP olive oil [or coconut oil]  
1 tablespoon turmeric  
Pinch of cumin  
Salt and pepper to taste

### Directions

Preheat oven to 400 degrees Fahrenheit.  
Chop cauliflower head into florets.  
Place cauliflower into a baking dish. Add olive oil, turmeric, cumin, and salt, then mix together. Cover baking dish with foil to keep florets from drying out and roast for about 35-40 minutes. Then, remove foil and cook for another 15 minutes.

## Indian Spice Rub

### Ingredients

6 TBSP curry powder  
3 TBSP coarse salt  
4 tsp crushed red pepper  
1 TBSP ground cumin  
1 TBSP ground coriander  
1 TBSP dried mint  
2 tsp turmeric  
2 tsp ground ginger

### Directions

Combine ingredients into a small bowl. Store in an airtight container at room temperature for up to 6 months. This spice blend is great for fish, chicken, rice/quinoa and veggies! Sprinkle on top of fish or chicken prior to baking or grilling; stir into rice/quinoa just before simmering; and sprinkle on veggies prior to roasting, steaming or sautéing.

Yield: Approximately 1 cup