

# Doreen Sotelo-Celedon Reveals the Rejuvenating Power of Turmeric

*Turmeric is a wonderful, convalescent supplement that holds many benefits and Doreen Sotelo-Celedon is excited to share it with you.*

DALLAS, TEXAS, UNITED STATES, December 12, 2018 / EINPresswire.com/ -- Turmeric is most commonly associated with curry powder, as it is the most predominant ingredient in the traditional spice. However, there are many medicinal and other health benefits that are lesser known, but equally as predominant. From physical, mental, and even hormonal benefits, turmeric has a plethora of holistic, medicinal uses.

[Doreen Sotelo-Celedon](#) has used this powerful ingredient to rejuvenate with much success. Now, [Sotelo-Celedon](#) wants to share the capabilities of turmeric with you. Here are some of the ways which turmeric can rejuvenate your life.



## Infections (Both Viral and Bacterial)

Yes. That is right. Turmeric is related to ginger, which is a decent natural antibiotic. However, Turmeric is better in many different ways. One of the most important ways this antioxidant is superior to its more common relative is that it helps fight viral infections.

The main substance in Turmeric is Curcuma, which is extremely powerful, but not often found in high concentrations. (That is why taking a supplement is advised.) However, the medicinal properties of Curcuma (Turmeric) helps to fight infection. Even though this method of treatment dates back centuries in Asia, the effects have only recently been widely recognized.

## Depression

Turmeric helps to improve brain function. Brain-derived neurotrophic factors (BDNF) help the brain function better. Depression is theorized to suppress BDNF. Therefore, by taking concentrated amounts of Turmeric, the brain's levels of BDNF are regulated. In fact, research shows that Turmeric works as well on some clinically depressed patients as their anti-depression medication. Plus, when taken in addition to prescribed anti-depressants, the results are even more astounding.

## Alzheimer's

Research into Turmeric shows that it is the only known helpful substance that breaks the brain-blood barrier that causes Alzheimer's Disease. While there is no way to cure Alzheimer's, medical professionals believe Turmeric helps negate one of the main causes. It is theorized that the protein tangles in the blood (called amyloid plaques) are broken up by Turmeric. Additionally, the anti-inflammation and oxidation effects of Turmeric also help to prevent and slow down the progression of the disease.

## Premenstrual Syndrome

There is also research to suggest that Turmeric is great for reducing symptoms of a woman's menstrual cycle. Due to the theorized, increased release of dopamine and the ability to break down blockages, Turmeric is promising. In fact, some researchers believe that the pain-reduction is as effective as over the counter pain medications.

Since it is natural, if it can replace Ibuprofen and the like, there are many [other benefits](#) that go along with it. The most obvious is the long-term effects on the liver. Without the pain medication, there is less of a chance the liver, or any other organ will be compromised, simply to relieve common pain.

In summation, Doreen Sotelo-Celedon could not be more pleased with the results she has experienced with Turmeric. Now, she wants to share this amazing natural wonder with her customers. Visit Doreen Sotelo-Celedon's website to receive your own turmeric and start feeling better today : (<http://mydoterra.com/dceledon>)

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