

# Organic Turmeric

Turmeric is a wonderful healing herb that has been used for over 2500 years. Recent research has revealed that one of its constituent's curcumin is beneficial in the treatment of cancer, dementia and Alzheimer's disease. Tests have shown that Turmeric will stop breast and prostate cancer from spreading in mice. It may also help to prevent melanoma. It has natural antiseptic, antibacterial and anti-inflammatory properties and can be used as a natural liver detoxifier and also as a treatment for arthritis. Turmeric is also known for its natural pain killing properties, calming upset stomachs, preventing flu viruses and soothes skin conditions. Turmeric has been considered to be skin food for thousands of years in India and other cultures.

Join the Facebook group: **the turmeric Users Group** For helpful recipes, ideas and dosages.  
<https://www.facebook.com/groups/415313751866609/photos/>

## GOLDEN PASTE

1/2 cup turmeric powder (125 ml) (60 grams)  
1 cup water (250 ml), and 1 cup in reserve if needed  
1/3 cup (70 ml) cold pressed Olive or Coconut oil  
1 1/2 teaspoons fresh ground black pepper (one and a half teaspoons)

Place turmeric and water in pan, stirring over gentle heat until you have a thick paste. This should take about 7 - 10 minutes and you will need to add additional water along the way. Add the pepper and oil at the end of cooking. Stir in well (a whisk is ideal) and allow to cool. Store in sterilized glass jar and refrigerate.

The Golden Paste will keep for two weeks, refrigerated. You can freeze a portion if you think you have too much to use within two weeks.

### Dosage:

There is no set dose

Start small ¼ tsp of the Cooked Paste 4 times a day, some dogs may lick it off of the spoon others you have to disguise it in their food. Another option is to freeze the paste into the correct dose and feed like a treat. (Good for people too!)

See how your dog responds and adjust accordingly.

