

THE SCOUT GUIDE

DESIGN AND DECOR

ENTERTAINING

STYLE AND BEAUTY

TRAVEL

LIVING

CELEBRATIONS

WHY TO TRY TURMERIC

BY THE SCOUT GUIDE *August 29, 2017*

Every so often an ingredient catches on at TSG Headquarters, and suddenly it seems like everyone is consuming the same spice-infused juice or singing the praises of a particular supplement. Lately, turmeric seems to be the herb of choice among our colleagues. Far from a fad, the spice has been used medicinally for ages, with a variety of health benefits associated with the ginger-like root. For more information on the health benefits of turmeric and tips for incorporating it into our everyday diets, we talked to Liz Hilliard and Clary Hilliard Gray, the mother-daughter duo behind Charlotte, North Carolina-based workout studio Hilliard Studio Method, to find out why they call it “the all-star spice.”

What it is. Turmeric is from the same family as ginger. Grown in India and other parts of Asia, it's the primary spice in curry (and gives it its yellow color) and is commonly used in mustards. The chemical that gives turmeric its yellow-orange hue, curcumin, is credited with many health benefits.

Why it's good for you. Curcumin is believed to have anti-inflammatory and cancer-fighting properties, may help treat digestive problems, and is used to treat arthritis, among other ailments. In addition, research suggests that it might help reduce cholesterol levels.

How to incorporate it into your diet. In addition to reaching for the mustard and curry powder, Clary and Liz recommend adding turmeric root to your morning or pre-workout smoothie and looking for it in juices from your local juice bar. They also add powdered turmeric to lentils, black beans, and hearty fall soups.

TSG Tip 225 from Liz Hilliard and Clary Hilliard Gray of Hilliard Studio Method in Charlotte, North Carolina. Hilliard Studio Method is featured in The Scout Guide Charlotte.