Turmeric

Turmeric Tea

To brew a proper cup of warm turmeric tea, simply steep ¼ to ½ teaspoon 10 minutes in a cup of purified water. **Do not strain.** Stir before drinking. Always drink turmeric through a straw to avoid staining your pearly whites.

Window Sill Turmeric Oil

To make Sun extracted t**urmeric oil** simply put one heaping cup of organic turmeric into a pint sized mason jar. Stir in organic extra virgin olive oil. Label and date the jar. Cover and place it on a sunny sill. Let it set for at least 30 days, shaking occasionally. When settled, pour the oil off the top into an oil bottle. Remember to label and date your oil bottle too!

Stovetop Turmeric Oil

To make stovetop **Turmeric Oil** simply use one heaping cup turmeric in a pint sized mason jar. Stir in organic extra virgin olive and place the whole jar in a medium pot of cold water. Bring to boil on high heat, then immediately reduce to low heat and simmer for 2 hours. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Allow the jar to cool completely, which will also let the powder settle. Pour the oil off the top into an oil bottle. Label and date the jar (ex. Turmeric oil 1/17/15). Store in a dark, cool place.
To use, apply to clean, dry skin to soothe psoriasis, ringworm, bruises, eczema, skin inflammation, and to prevent and treat wound infection.

Organic Turmeric is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

Turmeric *(curcuma longa)* is a wonderful herb. Use it to add a marvelous spice to your poultry, beef, pork and vegetables. It is used to ease inflammation and pain of arthritis, calm heartburn, quiet stomach pain, stop diarrhea, intestinal gas, stomach bloating, improve appetite, fight jaundice, liver problems and gallbladder disorders.



It is also used to heal headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual problems, and cancer. Other uses include depression, Alzheimer's disease, water retention, worms, and kidney problems.
Apply turmeric oil to the skin for pain, ringworm, bruising, leech bites, eye infections, inflammatory skin conditions, soreness inside of the mouth, and infected wounds.

Organic Turmeric
(Bags 1 oz $4)
(Bulk 4 oz $11.50)
(Bulk 1 lb $37.24)

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