Trigeminal Neuralgia Sufferers May Benefit from Turmeric Use

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Orlando, FL -- (SBWire) -- 01/27/2016 -- Trigeminal neuralgia is a painful and troublesome condition. It even increases the risk of sufferers in developing osteoporosis, high blood cholesterol, multiple sclerosis, and hypertension. The good news is that there are treatments available such as pharmaceutical drugs, and natural alternatives such as turmeric.

Trigeminal neuralgia sufferers may benefit from turmeric use. This ancient, medicinal spice is believed to be helpful as a pain reliever. It has analgesic, antioxidant, antibacterial, and anti-inflammatory properties, which are believed to help fight free radicals. Turmeric is also thought to reduce swelling and calm the irritated nerve.

"Turmeric contains a powerful healing phytochemical called curcumin, which contains the above-mentioned therapeutic substances," said VitaBreeze Supplements spokesperson, Michelle O'Sullivan.

Many sufferers believe that the spice is effective for helping them achieve the level of pain relief they are looking for. Turmeric powder can be added in dishes and beverages, and can also be consumed through curcumin supplementation.

Individuals who suffer from trigeminal neuralgia may use turmeric alone or combine it with another analgesic such as cayenne pepper. When turmeric and cayenne are mixed together and consumed, they can offer very strong anti-inflammatory effects. The combination of these natural ingredients is also believed to be effective for reducing inflammation and pain.

Trigeminal neuralgia, otherwise known as facial pain, can cause a pinching sensation in the areas affected by the condition. The onset of trigeminal neuralgia can be triggered by shaving, brushing, smiling, talking, and drinking hot or cold liquids.

While there are pharmaceutical drugs used to fight the condition, many sufferers prefer to use natural remedies such as turmeric. The use of pain relief drugs is highly associated with the occurrence of side effects, many of which are extremely detrimental to health on a long-term basis. The widespread scare of the side effects caused by pain relief drugs has led many sufferers to find natural remedies for the condition.

Curcumin supplements are also very popular among individuals who suffer from arthritis pain and inflammation. They are even believed to be as effective, but safer alternatives to pain relief drugs. Individuals who are suffering from trigeminal neuralgia may use curcumin supplements, as well.

While curcumin is thought to be very therapeutic, it has low bioavailability. There are curcumin supplements that come with a bio availability enhancing ingredient called BioPerine. This black pepper extract is believed to be effective for increasing curcumin absorption inside the body. Experts recommend that consumers choose
curcumin supplements that contain BioPerine (amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI/).

About VitaBreeze
VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable and longer life. All of the company’s products are manufactured in the United States using the finest quality ingredients that have been carefully selected, tested and crafted into the firm’s winning formulas.

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