

At Newport Integrative Health we are pleased to report we have recently initiated treatments using Curcumin Intravenous (IV) therapy for patients. IV therapy is the infusion of liquid substances directly into the vein. Clinical trials in humans have indicated that the systemic bioavailability of orally administered curcumin is relatively low. In order to provide our patients with the full benefits of this active substance we are now providing curcumin in this intravenous preparation. This method bypasses the stomach, so 100% of it is absorbed, allowing it to work more efficiently and more immediately.

What is Curcumin?

Curcumin is an active ingredient extracted from turmeric, a spice that is a mainstay in Indian cooking. Historically, eastern medicine has relied upon this herb as an anti-inflammatory to treat arthritis, muscle pain, joint pain, and digestive and liver disorders. Modern research has finally caught up with traditional medicine discovering that curcumin is indeed everything that ancient traditional healers understood and more.

Thousands of studies over the last two decades have determined that curcumin holds the following properties:

- Significantly reduces the growth rate of cancer cells by preventing blood supply to the cancer cells
- Effective in the treatment and prevention of breast, pancreatic, prostate, lung and colon cancers
- Interrupts increases in NF-kappa-b, an inflammation regulator responsible for initiating the cancer cascade
- Increases the recuperation from chemotherapy and can enhance the effectiveness of certain types of chemotherapy when used as a pre-treatment
- It has been shown to protect the heart and brain from plaque involved in Heart disease and Alzheimer's
- Enhances liver function and whole body detoxification
- General anti-inflammatory to use in many conditions, most notably arthritis
- Anti-bacterial, used to fight infection
- Antioxidant, 5 to 8 times more powerful than vitamins C and E when it comes to combatting oxidation linked to aging and many health disorders

Here are details on some of the most remarkable uses for curcumin:

Inflammation

Long-term inflammation throughout the body is very common, brought on by things like a poor diet, bad fats, and environmental toxins. Chronic inflammation damages cells and tissues leading to conditions such as arthritis, gastritis, bursitis, and etc. (Any medical condition ending in “-itis” involves inflammation.) Pain relievers and anti-inflammatories are used to keep patients with chronic inflammation comfortable. Unfortunately, pain relievers can take a serious toll on your body. Side effects of non-steroidal, anti-inflammatory drugs (NSAIDs), such as aspirin, can range from unpleasant (irritated stomach lining) to life threatening (liver damage and internal bleeding). Treating inflammation with curcumin, however, avoids all these risks. For example, studies have repeatedly shown that curcumin relieves joint pain from arthritis just as well as NSAIDs.

Cancer

Recent research has demonstrated that curcumin counteracts a number of the initial steps in the development of cancer, including the spread of cancer cells (metastasis). Curcumin runs interference against toxins and enzymes that contribute to cancer growth; it seeks out abnormal cells and induces apoptosis, a programmed death of a cell; it also prevents angiogenesis, the formation of blood vessels from existing blood vessels, hence starving it of nutrients and slowing its growth. In addition, thanks to its anti-inflammatory properties, it prevents inflammatory molecules from activating further cancer growth.

Cardiovascular health

Using curcumin to calm inflammation throughout your body is one of the best things you can do to maintain heart health. Curcumin does even more than reduce inflammation, a recent animal study, for example, found that curcumin protected heart functions and strengthened the body’s own internal repair system following a heart attack. In addition, curcumin can reduce levels of cholesterol and triglycerides, two major benefits for your heart and circulatory system.

Neurodegenerative diseases

As we age the likelihood of developing a degenerative disease, such as Alzheimer’s, increases. A life of chronic inflammation and oxidative damage can lead to decreased immune function. In Alzheimer’s disease, the immune system has a decreased ability to protect the brain cells from deposits that accumulate known as amyloid plaques. Early preliminary studies have been encouraging and show that curcumin enhances memory, reduces age-related brain dysfunction and prevent the build up of amyloid plaques. When used intravenously, curcumin has been found to cross the blood brain barrier, allowing it to directly penetrate brain tissue.

Just a note, India, where turmeric is a common ingredient in food, have some of the lowest levels of Alzheimer’s in the world.

Safety

Curcumin is generally recognized as safe by the FDA. Serious adverse effects have not been reported in humans taking high doses of curcumin. Trials find that single oral dosages up to 12 g were safe, and adverse effects were not dose-related. If you are currently taking blood-thinning prescription medications, such as Plavix or Coumadin excessive blood thinning may occur if combined with curcumin.