



Ingredients

- ½ cup Turmeric Powder (*Organic if possible—you can even make your own by buying fresh and using a dehydrator*)
- 1 cup Filtered Water
- ¼ cup cold pressed organic coconut oil
- 1 tablespoon freshly ground black pepper

Method

1. Place the turmeric and water in a pan.
2. Stir over low/medium heat for 7-10 minutes or until it starts to thicken.
3. Remove from heat, add the pepper and oil and stir briskly until oil is incorporated.
4. Allow to cool.
5. Place your mixture in a sterilised glass jar with a lid. Refrigerate.

What are the dosages of Turmeric that are recommended?

The dosages below are a guide only and are not exact. They are for adults only and not recommended for children. It is best to start with the low doses and slowly increase your intake. Seek the advice of a naturopath or medical doctor for more information or a veterinarian for the animal dosages.

Dried Turmeric: 1-3gm per day

Fresh Turmeric Root: 1.5-3gm per day

Curcumin Powder: 400-600mg, 3 times a day

Liquid Extract (1:1): 30-90 drops per day

Tincture (1:2): 15-30 drops, 4 times per day

Turmeric Paste: ¼ – ½ teaspoon, 3 times per day

Turmeric Paste for Animals: ¼ - 1 tablespoon once a day in their main meal (Increase the dosage slowly)



Disclaimer: Melanie's Holistic Healing makes every effort to provide accurate information. Readers should evaluate the findings for accuracy and up to date relevance themselves. Before attempting to use a homemade Turmeric Paste, readers should consult with a qualified medical practitioner, especially if you are pregnant, nursing or have a medical condition. Melanie's Holistic Healing cannot guarantee and assumes no legal liability or responsibility for the accuracy, up to date relevance or interpretation of the information contained within this recipe or its personal use. Melanie's Holistic Healing does not advise, diagnose or treat medical conditions. This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. © Melanie's Holistic Healing 2016