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USE TEA, GINGER AND TUMERIC TO STAY HEALTHY

Hippocrates said “Let food be thy medicine and medicine be thy food”.
Numerous natural products or nutraceuticals contained in food, or derived from plants have been evaluated for their effects on various medical conditions including: inflammation, diabetes, mental disorders, obesity, cardiovascular diseases and, more recently, cancer. Many of these nutraceutical products have been shown to elicit many positive health effects as well as antiaging, antiinflammatory, anticancer effects.
Among the most used and studied nutraceutical there are: Curcuma longa, Zingiber officinale, Camellia sinensis.
Curcuma longa and Zingiber officinale are members of the Zingiberaceae family, and are widely used for food and medicinal purposes.
Camellia sinensis is the species of plant whose leaves and shoots are used to make tea. Around two-thirds of the world population drinks black, oolong, and green tea tea. Green tea is highly studied for its many health promotion effects.

Curcuma

Curcumin is a principal curcuminoid of turmeric (*Curcuma longa*), which is commonly used as a spice in cooking and a yellow pigment in the food processing industry. Recent studies have demonstrated that curcumin has a variety of biological activities and pharmacological performances, providing protection and promotion of human health.

Ginger

The rhizomes of Zingiber officinale Roscoe, commonly known as ginger, is an important kitchen spice and also possess many health benefits; the extracts obtained from its rhizomes contains polyphenol compounds as gingerol, shogaol and those derivatives that are considered responsible for its pharmacological activity. Ginger has been used since antiquity in the various traditional systems of medicine and its properties are now widely studied in various medical fields.

Tea

Available in a few varieties, tea is a very popular drink in the world, around two thirds of the world's population drinks it.
Camellia s. leaves contain a group of polyphenols and other phenolic compounds with different effects on healthy. The processing of Camellia sinensis leaves determines the contents of bioactive ingredients and few variety of tea: black, green, white or red one, with a different package of compounds of physiological importance.