

Is Turmeric Safe?

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In an article written by Rachael Rettner, senior writer /Live Science as reported in Fox News on September 18th 2018 the question was asked, “Is turmeric behind woman’s liver problems?”

Seeing the title before reading the article, my initial response was, “Of course not!” In the article it is reported that a 71-year-old woman developed a rare liver disorder after consuming turmeric. If this is the case, then why don’t a billion people in India where turmeric is consumed daily have the same rare liver disorder?

I then read that she was also taking 20 different medicines and supplements. Again, my initial response was validated. There is no way you can so much as suspect that turmeric or any other spice or herb is responsible for this women’s liver conditions while she is downing 20 man-made chemical products. The report goes on to state that eight months after starting the turmeric a blood test showed elevated levels of liver enzymes, a sign of liver problems. After she stopped taking the turmeric her doctors noticed a rapid decrease in her levels of liver enzymes. This raising and lowering of liver enzymes assured the doctors that it was indeed turmeric that was responsible for her liver problems.



Before we throw turmeric under the bus, let us remember that turmeric is anti-inflammatory and will help the accompanying liver inflammation. Other actions of turmeric would include being a hepatonic and a hepatoprotective, as found in turmerone, curcumin and niacin. These are just a few constituents found in 11 pages of turmeric constituents and their actions.

Finally, we should realize that the liver produces enzymes to neutralize and transform harmful substances. Yes, having high enzyme levels alerts us to the fact that problems exist; but let’s not forget that the liver uses enzymes to alter and correct that problem. The constituent cineole found in turmeric stimulates the P450 enzyme system of the liver, so of course tests will show higher levels of liver enzymes when turmeric is used (this is good). Consequently, when turmeric is stopped and the enzyme level drops (this is bad) the liver loses one of its valuable tools. What is truly sad is that the excess intake of chemicals (the 20 drugs) doesn’t stimulate the liver, is being stored, and is causing stress and inflammation.

In summation: turmeric does not cause liver problems but stimulates a sluggish liver to function by releasing enzymes.