

BUBBIE'S

Did You Know...

HERBAL FACT

Turmeric Extracts + Knee Osteoarthritis

A 2021 review of 16 randomized clinical trials with 1,810 adults found that turmeric extracts reduced knee pain and improved physical function versus placebo in short-term studies lasting up to 16 weeks.

Compared with placebo

Pain: SMD -0.82 • Function: SMD -0.75

Promising short-term evidence

Studies varied considerably and had moderate risk of bias.

Do not replace prescribed treatment. Supplements may interact with blood thinners and may not be appropriate with gallbladder disease; ask a healthcare professional before use.

SUPPORTING EVIDENCE

Wang et al., Current Rheumatology Reports (2021)

pubmed.ncbi.nlm.nih.gov/33511486

SUPPORTING RECIPE

Bubbie's Golden Turmeric-Ginger Milk

INGREDIENTS

- 2 cups milk of choice
- 1 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon
- Pinch black pepper
- 1-2 tsp honey, optional
- 1/2 tsp vanilla, optional

DIRECTIONS

Whisk everything except honey and vanilla in a small saucepan. Warm over low heat 5-7 minutes; do not boil. Remove from heat. Stir in honey and vanilla. Strain if desired and serve warm. Serves 2.

Culinary turmeric is not equivalent to the standardized extracts used in clinical studies.

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