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The health benefits of curry are immense. I first heard about turmeric, often the main ingredient in curry that gives it which yellow or orange color, on a community sponsored radio program describing medicinal culinary herb ology. It was said by the medicinal herbalist on the radio station I was listening to that turmeric is a strong anti-inflammatory which cleans and restores the liver. As a result of its anti-inflammatory qualities, it is also helpful in treating arthritis.

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