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Takeaway A New Life With Indian Spices

The older we get, the more set in our ways and the less likely we are to enjoy overly spicy food. However, a report by University of Leeds researchers published in the Menopause Journal suggests that older women in particular should look at eating more curry to reduce their risk of cancer, especially if they are on Hormone replacement therapy (HRT).

Researchers found that cur cumin, a component of the spice turmeric commonly used in [indian takeaway](#) can reduce the risk of cancer by inhibiting progestin-induced VEGF secretion from breast cancer cells. Women taking combined oestrogen and progestin HRT therapy run an increased risk of developing breast tumours because the progestin increases the production of the VEGF molecule. VEGF has been cited as the culprit in boosting blood supply to tumours, encouraging their growth.

There is still much disagreement and conflicting evidence about the uses and safety of HRT. Claims that it is a cure-all for every mid-life problem have been common and its benefits have been oversold and problems probably minimised. On the other hand, many women suffering with severe menopausal symptoms have been helped by taking HRT. The experience of the menopause is very individual and the symptoms can be alleviated in a variety of ways, with HRT being just one of the options. Eating your favourite takeaway now appears to be one of them!

In the Leeds University tests, curcumin actually reduced the multiplication of progestin-accelerated tumours in animal-based studies. It also helped to prevent the appearance of abnormalities in the mammary glands. Those results should not be too surprising because apart from being a key ingredient in [indian takeaway](#) food turmeric has a long history of use in Indian medicine for its healing properties as a salve and an antiseptic on cuts and abrasions.

So don't turn your nose up at dishes that are too hot and spicy, the stuff in that Indian takeaway food is not only delicious; it's positively therapeutic as well!

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