

Reader's Digest

Ben Talei, MD: Too much of a good thing pre surgery is not good

“Patients try to consume all the supplements they can have; they have turmeric and curcumin, and cayenne, and other kinds of spices because they think that they’re heart-healthy—and they are, but [patients] end up bleeding like crazy during the procedure which really complicates things. **Turmeric is one of the biggest anti-inflammatories that nobody talks about...people who take turmeric just bleed all over the place.**”

—Dr. Ben Talei



BEVERLY HILLS CENTER
FOR
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