

THE WORLD FAMOUS RECIPE

DOUG ENGLISH /



Try the Golden Paste recipe, by Dr. Doug English

This is the **number one** Golden Paste (G.P) recipe, tried and tested by hundreds of thousandd of members and their pets in the [Turmeric User Group](#) and spread around the world. Try it yourself - it's quick, cheap and easy.

In most cases, we **advise against** the use of [turmeric and/or curcumin capsules](#), pills, supplements, tonics, drinks, etc.

This recipe may be used for humans as well as other animals

INGREDIENTS:

- 1/2 cup (125 ml / 60g) turmeric powder
- 1 cup water (250 ml) plus 1 cup of water extra in reserve, if needed
- 1/3 cup (70 ml) coconut oil (use raw, unrefined, cold-pressed)
 OR linseed oil (flaxseed)
 OR olive oil (use virgin / extra virgin)
- 2 - 3 teaspoons freshly cracked black pepper

Note: the amount of pepper has been increased since May 2016, on [Doug English's](#) recommendations and review of **greater success** in a large number of cases using the extra pepper. Omit pepper if you cannot tolerate it. The absorption of turmeric will still be improved by cooking it and adding oil, **but it will be less effective** without the [pepper](#).

Just starting out on Golden Paste? Start small, just 1/4 of a teaspoon twice a day and build up

RECIPE:

- 1) Bring the turmeric and water to a boil in a saucepan, then lower heat and simmer until you have a thick paste. This should take about **7-10 minutes** and you may need to add the extra water along the way for good consistency.
- 2) Add the freshly cracked pepper and oil **AFTER** cooking, when it has been removed from heat and **cooled down** (still warm to touch but not burning), about 10 minutes later.
- 3) **Stir in well** to mix the oil in everywhere and allow to cool again (if coconut oil is hard, it should melt in the mixture).

Do not cheat and use pre-made pepper meal, it is best to use freshly cracked pepper for much better effect.

Do not add [honey or any sweeteners](#). Sugars are not necessary and they provoke inflammation.

Try 1/4 of a teaspoon, twice a day (with food and water), and build up to 3 - 4 times a day, past a few weeks of eating turmeric and finding effects.

If you need more effect, increase to 1/2 - 3/4 of a teaspoon 3 - 4 times a day. You don't need much. Some move on to a full teaspoon for even more effect, see what your body needs and feed small amounts routinely to keep metabolising in your system, as Duggie says: "**Little and often is best**".

When adding turmeric to your diet **for the first time**, if there are any signs of loose stools or upset stomach then you may wish to reduce your serving to 1/8 tsp or so, and remain at a lower dose for a longer period. It will eventually pass and your gut microbiome will soon benefit.

The Golden Paste will keep for 2-3 weeks in the fridge, do not leave out, best kept in glass containers