

WELLNESS review

Inflammation - The fire within

What is inflammation?

Inflammation is your body's response to any harmful agent, such as something that can cause disease (e.g. bacteria, virus), an allergen or other irritant. In short, inflammation is your body's natural response to something that causes irritation. Inflammation is a protective mechanism designed to remove the harmful agent as well as begin the healing process in the body. The ultimate goal of inflammation is to seal off the area, kill the invaders, remove damaged tissue and cells, and rebuild the area. Essentially inflammation is like a small biological fire designed to "burn away" the irritation.

How do you know if your body is inflamed?

Inflammation is often marked by swelling, redness of the skin and pain. We often think of inflammation as a result of injury due to sprains, strains, cuts and grazes, insect bites and stings, which produce the localised pain, swelling, redness and heat. Although this is true, inflammation can also be a result of poor diet, lifestyle, and stress.

Pain is your body's smoke signal

Pain is your body's way of telling you that you are on fire – that you are inflamed. Many of those aches and pains that you feel regularly may be a sign of inflammation within your body. Almost all chronic pain is a result of inflammation – including arthritis and other joint, back and muscle problems, digestive disorders like irritable bowel disease and many types of headaches.

Pain medication – a number 1 best seller

One in four Australians and New Zealanders are currently using pain medications, making these the most commonly used medications in Australia and New Zealand. Despite this, people are still in chronic pain; their medication is not providing adequate relief.

Let nature put out the fire

Nature has provided us with many remarkable herbs, which have been used traditionally for centuries for acute pain and inflammation:

- **Turmeric** has anti-inflammatory actions and has traditionally been used in herbal medicines to reduce the pain and swelling of arthritic and rheumatic conditions.

- **Boswellia** has analgesic, anti-rheumatic and anti-inflammatory actions, for all types of pain, but specifically for arthritic or traumatic pain associated with inflammation.
- **Ginger** has traditionally been used as an anti-inflammatory for arthritis.

All these herbs are now available in one easy to take tablet. Just ask us today for more information.

Natural options for long-term pain relief

The combination of hops, rosemary, and olive leaf can also provide excellent long-term anti-inflammatory relief for chronic pain and inflammation. This combination may assist in relieving the pain and inflammation associated with osteoarthritis and rheumatism, and is safe to take long-term. Modern formulations containing these ingredients can be rapid in their action, often reducing symptoms within a few days.

Please ask us today about combinations of the above herbs and nutrients which are available now from our clinic.

Food has the power to produce or reduce inflammation

Fruits, vegetables and good fats from fish and nuts all help to reduce inflammation, whilst other foods can increase inflammation. Inflammatory foods include high sugar foods, heavily processed foods that are high in colours, flavours and other artificial ingredients and foods that are high in certain fats, such as many processed and fast-foods.

Foods that decrease inflammation:	Foods that increase inflammation:
Fruit and vegetables	Sugary foods
Most herbs and spices	Trans and saturated fats
Good fats from fish, nuts and olive oil	Artificial colours, flavours and preservatives

Taking a safe, scientifically-proven, natural anti-inflammatory formula and eating more healthy, anti-inflammatory foods will help to reduce your pain and inflammation and help you live life to its fullest potential. Don't let inflammation slow you down any more!

