

WELLNESS review



Inflammation

Is your body inflamed?

Inflammation is when things get swollen, red and painful. Inflammation is your body's response to anything that irritates it. Essentially inflammation is like a small biological fire designed to "burn away" the irritation. 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.

Where you find pain, you find inflammation

Many of those aches and pains that you feel regularly may be a sign of inflammation within your body. Almost all pain is the result of inflammation – arthritis, and other joint, back and muscle problems, digestive disorders like irritable bowel disease or ulcerative colitis, and many types of headaches. If there is pain, there is inflammation.

It's not old age, it's inflammation

You may not even be aware that you are inflamed. You may think that those aches and pains that you feel when you wake up in the morning are a sign of old age. The good news is they may not be a sign of old age; the bad news is that this is a sign that your body may be inflamed and this inflammation can lead to many chronic illnesses. Pain and inflammation are your body's way of trying to tell you that something is wrong.

Your body is on fire and you need to put the fire out

There are many pharmaceutical anti-inflammatories that are immensely effective in alleviating pain and inflammation. However, some may cause adverse side effects.

Effective natural anti-inflammatory options

Fortunately, natural medicine can provide some excellent anti-inflammatory options. A combination of extracts from hops, rosemary and olive leaf, have a remarkable anti-inflammatory activity. This combination has proven extremely effective in helping to control pain; for instance, in arthritis and period pain, and in more acute cases of painful muscles and joints from overexercise and tension.

The combination of hops with turmeric, zinc and selenium can also provide excellent anti-inflammatory relief, especially for auto-immune conditions. Turmeric

has anti-inflammatory action and has traditionally been used in herbal medicines to reduce the pain and swelling of arthritic and rheumatic conditions. Selenium and zinc are important antioxidants, which help to limit oxidative damage and inflammation. Zinc is also an essential mineral that can help to support a healthy immune system.

Modern formulations such as these can be very rapid in their action, often reducing symptoms within a few days. Please ask us today about these combinations which are available now from our clinic.

Food has the power to produce or reduce inflammation

One of the most inflammatory things many people are exposed to is food in their diet. Fruit and vegetables, and good fats from fish and nuts all help to reduce inflammation, whilst other foods can increase inflammation. These 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	High sugar intake
Herbs and spices	Trans and saturated fats
Good fats from fish, nuts, olive oil	Artificial colours, flavours and preservatives
Organic food	Lack of nutrients
Red wine in moderation	Excess alcohol and caffeine

Seven simple steps to wellness

To help achieve wellness and reduce inflammation there are seven simple dietary targets you need to aim for.

1. Eat a protein rich food with each meal or snack.
2. Eat a minimum of three cups of vegetables daily.
3. Eat two servings of fruit daily.
4. Keep refined carbohydrates to a minimum (eg: white bread, pasta, white rice).
5. Include nuts, seeds and healthy oils in your diet.
6. Avoid excess alcohol, sugar and salt.
7. Drink a minimum of eight glasses of water daily.

Taking a safe, scientifically-proven, natural anti-inflammatory formula and following these simple dietary and lifestyle tips will help to reduce your inflammation and help you live life to its fullest potential. Don't let inflammation slow you down any more!

Managing inflammation through diet, lifestyle and natural anti-inflammatory supplements is so important to living a happier, healthier life. Please ask us today for advice on helping to achieve this.

