



Treating Inflammation – A Natural Approach

Understanding Inflammation

Although there are still mysteries surrounding the reason for certain occurrences of inflammation, we can effectively treat the symptoms, including pain, with a variety of natural remedies. First, let's take a deeper look at what inflammation is and what it is trying to tell us.

Whenever you have a cut, an injury, or an attack from a microorganism, the body mounts a quick response at the site of the trauma to destroy the microbes or eliminate the damaged or infected tissues. Part of that emergency response appears as inflammation and is the body's first line of defense. This aggressive response usually shuts down rapidly—as soon as it does its job—and is followed by a process of regeneration.

In certain cases, however, the inflammatory reaction can maintain itself with no apparent cause. This is often termed *an auto-immune disorder*. An increasing number of health professionals recognize that auto-immune diseases are a result of the body attacking its own tissues to dislodge an invader within the tissue, such as fungus, toxicity, or other pathogens. Generally, these are undetectable through standard testing procedures.

This is your body's "frustration," equal to how we may become frustrated by a situation that we do not know how to handle. The root cause of the emotional frustration may be forgotten or buried in our subconscious mind, but we still maintain an ongoing, or chronic, pattern of emotional and behavioral reactivity. In essence, your body's ongoing frustration shows up as chronic inflammation.

Treating chronic inflammation is one of the first strategies of a natural approach to health in the same way that inflammation is the first line of defense in the body. That said, we understand that in addition to causing long term



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degenerative damage, inflammation is frequently the cause of acute or chronic pain and the foundation of many degenerative disorders such as cardiovascular diseases, diabetes, rheumatisms, and asthma, to name just a few. It is also associated with chronic debilitating disorders such as fibromyalgia and chronic fatigue syndrome.

There are two types of drugs used in western medicine to treat inflammation: steroidal and non-steroidal anti-inflammatory drugs, referred to as NSAIDs. These drugs are actually treating the inflammation and in some cases are essential to maintain life. What they often do not address, however, are the underlying causes of the imbalance.

Steroidal drugs use synthetic substances similar to cortisol, the anti-inflammatory hormone produced in the adrenals. Their prolonged use is responsible for causing an array of side effects throughout the body.

NSAIDs attack a specific substance associated with inflammation called Cox 2 and Leukotrienes. Simultaneously they destroy another substance called Cox 1, which is responsible for maintaining the surface integrity of the digestive tract and kidneys. Long term or frequent use of any traditional anti-inflammatory drugs can have serious or catastrophic consequences in the body depending on your level of sensitivity. Aspirin has been linked to serious bleeding in the gut and Tylenol has been linked to serious liver degeneration, while ibuprofen is hard on the kidneys.

Our approach to treating pain is to evaluate the foundation of our health: absorption, processing, detoxification, and protection. Rather than just treating the symptoms, we treat the source of the problem, obviously a more coherent approach than treating only symptoms. View the Clinic section of our website www.Babinetics.com for more information. This more comprehensive approach does take time and occasionally it can even increase discomfort. At times



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eradicating toxicity or microbial and fungal infection through natural means can create a healing crisis which can last several days and increase many symptoms.

Fortunately, there are a host of wonderful and effective natural anti-inflammatory products that can regulate the inflammatory processes and alleviate pain—without all the side effects.

Spice Rack and Garden Variety Remedies

Certain herbs have been extensively researched and are included in international medical databases as effective treatments for inflammation. They are time-tested herbs, that when properly extracted and blended in the correct proportions, may safely and significantly support a healthy inflammation response.

- Holy Basil: (*Ocimum sanctum*) contains the powerful ursolic acid, which significantly enhances detoxification and helps support the inflammation response.
- Turmeric: Unique curcumin phytonutrient complex, naturally works synergistically with green tea, significantly multiplying the healthy response to inflammation supported by green tea polyphenols.
- Ginger: Supercritical extract offers numerous anti-aging constituents.
- Green Tea: Proceedings of the National Academy of Sciences report green tea polyphenols contain 51 phytonutrients that support a healthy inflammatory response.
- Rosemary: Dual extracts offer highly concentrated, full spectrum detoxification.
- Hu Zhang: (*Polygonum cuspidatum*) Richest known resveratrol source, shown scientifically to support a healthy inflammation response.



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- Chinese Goldthread and Barberry: Unique berberine phytonutrient complex, naturally supports the inflammation response system.
- Oregano: Source of large number of compounds (31) that promote a healthy inflammatory response, according to USDA database.
- Scutellaria: Unique baicalin phytonutrient complex, naturally supports healthy inflammatory responses

Each of these herbs are included in the Zyflamend formula in the right proportions. It is available through the New Chapter website, or at many health food stores. It is totally safe and up to three capsules can be taken two to three times per day.

Many people have also had powerful results by using these herbs singly rather than in combination. Most of these herbs are available from your local health food store in various combinations and concentrations.

Another herb that has received extensive scientific attention is Boswellia. Unlike the Turmeric in Zyflamend that acts by restricting the production of COX 2, Boswellia targets another culprit of inflammation called leukotrienes. Leukotrienes are associated with histamine production often experienced with allergic reactions. For this reason, Boswellia is particularly effective for allergic reactions in the airways, the digestive tract and the skin. Finding a potent enough formula at the health food store is another matter. The active ingredient in Boswellia is called AKBA, and most of the products in health food stores are standardized with only 3 to 30% AKBA. This is way much too low to have any significant impact. True Botanica offers a powerful Boswellia with the AKBA standardized at over 90%. The recommended dosage is 1 to 3 capsules daily. They also offer a very powerful Turmeric called Curcumin Forte, with a recommended dosage of 1 capsule 2 times daily.



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Herbs aren't the only natural remedies that can help. Products that contain protease and serrapaptase are all excellent choices for calming inflammation. So are glucosamine, chondroitin, and MSM. These time-tested sulfur compounds can be very effective at alleviating joint pain. They can be combined with cetyl myristoleate and sea cucumber products, which have been shown to inhibit arthritic and rheumatoid conditions.

Following is a list of good, safe and effective products that can ease the pain and discomfort caused by inflammation.

Wobenzyme: This is a proteolytic enzyme formula that contains trypsin, chemotrypsin and bromelaine. It is available on the web or from our distributor, MHP at 800-647-0074.

This product is good for long-term use. The common dosage is two to three capsules two times daily, at least two hours before or after meals. Protease circulates throughout the body and digests foreign organic material and dead cells which are a common cause of the inflammatory process.

Omega 3: This essential fatty acid derived from fish is a very powerful anti-inflammatory. It has to subset EPA and DHA. Traditionally only EPA was perceived as having an anti-inflammatory effect. Nowadays both have been shown to have strong effect on several inflammatory pathways.

The most powerful anti-inflammatory in the body is a natural hormone called **cortisol**. It is produced in the adrenals and directly modulates inflammatory response. Maintaining an effective adrenal response is critical. Our product, the **Prime Formula**, has been specifically designed to enhance the absorption of basic nutrients, in particular omega 3 and to restore adrenal balance. It is available from our website www.babinetics.com.



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The Many Causes of Inflammation

Obviously, when we stub a toe and it swells up, gets red and throbs, there's no mystery about why it's inflamed. If the root causes of all the inflammation we experience were that clear, writing this would be unnecessary. The reality is that inflammation presents itself in our bodies in many different ways, often bewildering the one with symptoms, and causing discomfort or pain.

Medical doctors and holistic practitioners tend to take significantly different views when it comes to understanding and treating the more vexing cases of inflammation. Your general practitioner would likely prescribe a drug to relinquish the pain. But we're going to explore why the inflammation may be occurring at all, which could actually heal what ails you.

The main sources of chronic inflammation are covered in depth in our e-book: *Secrets to a Long Healthy Life* available from our website www.babinetics.com.

They are:

- Food reactivity
- Candida overgrowth
- Heavy metal and chemical toxicity
- Parasites
- Allergies
- Sugar metabolic disorders
- Opportunistic infection
- Genetic predisposition

Each of these causes can show up as a symptom in the body in a variety of different ways. One of the most common manifestations is an inflamed, protruding or aching gut. But these conditions can also cause pain in the joints, the muscles,



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nerves and other tissues, organs, and the vascular and lymphatic systems. It can also produce headaches, fatigue and depression, asthma and skin rashes or exema.