

Natural Anti-inflammatories

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**Recommendations and treatments
for inflammation and pain.**



Dietary choices to help reduce inflammation and pain

Making the right dietary choices can have a large impact on inflammation and pain. But certain foods have the capacity to exacerbate inflammation, including:



High glycaemic load carbohydrates, such as refined starches and sugars.



High intakes of saturated and/or 'trans' fats, found in fried and processed foods.



Excessive alcohol consumption.



Processed foods with low nutritional value.



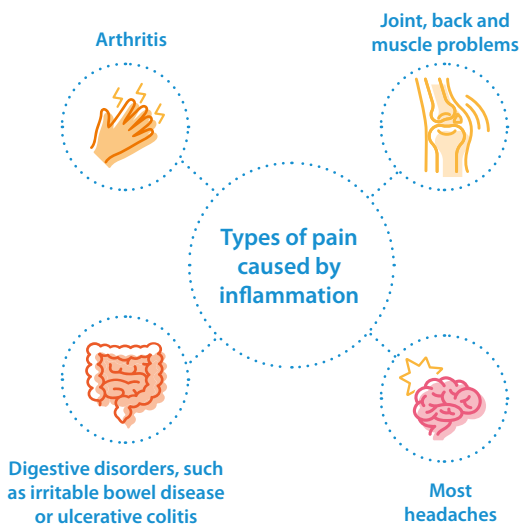
For many people, dairy foods and gluten containing grains can aggravate their symptoms.

Avoid these foods or keep them to a minimum. Instead, build a healthy nutritional foundation of fresh vegetables, salads, fruit, beneficial fats, protein and plenty of natural fibre. These food choices can help reduce inflammation and optimise your overall health.

Inflammation - a common problem

Most know inflammation as the pain, redness, heat and swelling that accompanies injuries such as sprains, strains, cuts, grazes, insect bites or stings. The same process that produces these symptoms also drives many diseases.

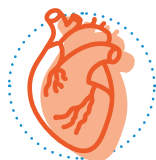
Most pain is the result of some sort of inflammation so if it hurts, inflammation may be involved.



The silent killer

Inflammation can also be present in the body without those familiar symptoms. It is sometimes called "the silent killer".

The underlying process behind some forms of cardiovascular disease is an example of invisible inflammation. Many cardiovascular disease patients do not show the recognised risk factors such as, high cholesterol or high blood pressure, yet they become unwell. "Silent" inflammation can also be a contributor to conditions such as fibromyalgia and chronic fatigue syndrome.



Why controlling inflammation is important

Inflammation is a normal acute response your immune system generates to address all sorts of challenges, such as injury, infection and toxicity. Inflammation can often continue for too long, possibly because your body is tired and depleted of nutrients, unable to properly heal. This can produce chemicals leading to pain, and even worse, tissue damage and disease.



The large number of anti-inflammatory drugs used in Australia and New Zealand confirms the importance of controlling and resolving inflammation in the treatment of disease. While they can be immensely effective in alleviating pain and inflammation short-term, many have undesirable long-term side effects such as heartburn, high blood pressure or allergic reactions.

Natural anti-inflammatory options

Inflammation and pain can greatly impact quality of life. Since people are complex, no single product can be expected to remedy every situation. Fortunately, Natural Medicine provides many excellent anti-inflammatory options for various conditions.



The traditional medicinal herbs, **BCM-95™ Turmeric** and **BosPure® Boswellia**, are potent anti-inflammatories that help inhibit the chemicals that cause inflammation and pain. Used in combination with other herbs, such as white willow and ginger, they can improve blood flow, acute inflammation and pain. For chronic, long-term pain and inflammation, BCM-95™ Turmeric and BosPure® Boswellia can be combined with Jamaica dogwood and devil's claw, to reduce tissue damage and improve resolution.



Magnesium combined with the traditional herbs corydalis and California poppy, can help reduce pain muscle tension and spasms.



If ongoing pain and inflammation is a problem, your Practitioner can prescribe nutrients called specialised pro-resolving mediators, known as SPMs, that assist when your body is struggling to achieve full healing and recovery. It is important to take an SPM product that has been specifically distilled for a high concentration of SPMs so you get the best benefits.



The **omega-3 essential fatty acids EPA** and **DHA**, found in quality fish oils, provide excellent long-term anti-inflammatory support. EPA has been shown to reduce the production of inflammatory chemicals.

Your Practitioner can test your omega-3 status to help determine if you are deficient and require supplementation as well as recommended dosing.





Genetic Potential Through Nutrition

**For more information ask your Practitioner
about natural anti-inflammatories.**

**The supplements selected for you in this clinic have
been prescribed for your specific health needs. Products
purchased elsewhere may not provide similar results.**

Metagenics acknowledges and pays respects to the past, present and future Traditional Custodians and Elders of this nation. We acknowledge the Yuggera, Turrbal and Jagera people, the Traditional Custodians of the land on which this resource was created.

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