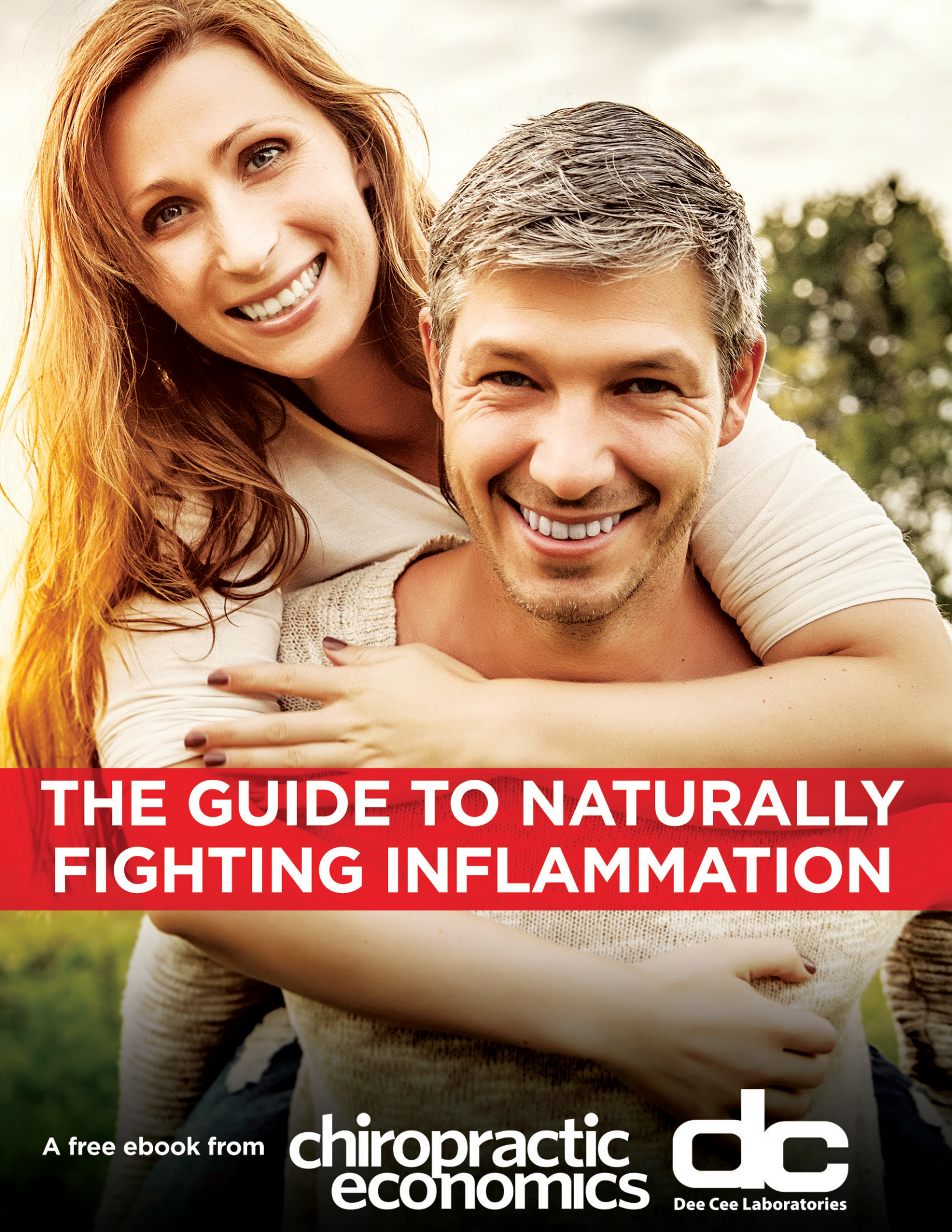
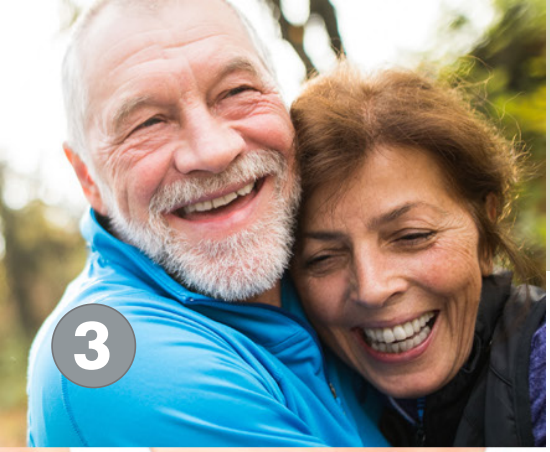


# THE GUIDE TO NATURALLY FIGHTING INFLAMMATION

A free ebook from chiropractic economics

Dee Cee Laboratories
















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# RELIEVE INFLAMMATION THE NATURAL WAY

– BY KATHY SIMPSON –

When something harmful or irritating affects the body, albeit an injury, allergen, infection, disease, or any number of other conditions, the body responds by becoming inflamed.

For acute conditions, inflammation is a protective response and a good thing—it is part of the body's natural attempt to heal itself and restore all systems to a state of health and equilibrium.

But if inflammation becomes overactive or chronic, it can cause the body harm. Long-term inflammation can lead to autoimmune diseases such as arthritis. It has also been linked to heart disease, cancer, diabetes, Alzheimer's, and other serious conditions.

Your diet plays an important role in controlling the inflammation within your body, and supplements can also help. Research has shown that the following nutrients are among the top substances that can boost your body's anti-inflammatory potential.



## OMEGA-3 FISH OIL

Fish oil, with its high omega-3 content, can help stop inflammation and treat inflammation that's actively present in the body, according to a study reported in Life Extension Magazine. Findings show omega-3 fatty acids may help to lower blood pressure, reduce the likelihood of heart attack and stroke, treat gastrointestinal disorders including Celiac disease and inflammatory bowel disease, and relieve symptoms associated with arthritis, rheumatism, and similar conditions.[1]

You can get omega-3s by eating cold-water fish, such as tuna or salmon, twice a week. You can also take fish oil in capsule or liquid form. Look for

continued>>

molecularly distilled products certified to be free of heavy metals and other contaminants

## QUERCETIN

Quercetin is a yellow pigment found in many plants and foods that has anti-inflammatory and antihistimine benefits. One study found that quercetin was shown to prevent the progression of chronic obstructive pulmonary diseases (COPD).[2] It also supports cardiovascular health, reduces inflammation in prostate conditions, and can help protect against cancer.

Food sources of quercetin include onions, parsley, sage, tomatoes, citrus, apples, and berries. You can also obtain quercetin in supplement form.

## CURCUMIN AND TURMERIC

Curcumin is the active ingredient in the yellow curry spice turmeric. In India, it is referred to as the "spice of life" because of its many healing properties. It has been shown to improve Parkinson's and Alzheimer's disease and stroke damage; help to destroy cancer cells and promote healthy cell function; and serve as a neuroprotective agent for neurological disorders. Curcumin also helps treat symptoms of arthritis, often more effectively than anti-inflammatory drugs. It's good for the heart, too.

Turmeric and curcumin supplements are available, though some healthcare experts recommend whole turmeric over the isolated form of curcumin. To enhance absorption, find a product that also contains black pepper or piperine, a constituent of black pepper. Otherwise, most of the curcumin will pass right through your digestive tract.

## COENZYME Q10

Coenzyme Q10 is an enzyme that is naturally present in almost all of the cells of your body. CoQ10, when combined with natural vitamin E, can reduce inflammation that is associated with the progression and development of vascular diseases of the circulatory system, such as heart attack, stroke, and kidney disease. It can also restore neurological health.

**CoQ10 levels decline with age, and some cholesterol-lowering state drugs can reduce blood levels of CoQ10 even further.**

CoQ10 levels decline with age, and some cholesterol-lowering state drugs can reduce blood levels of CoQ10 even further. Supplementing the diet with CoQ10 can help restore normal levels and lower inflammation.

## GINGER

Ginger is anti-inflammatory and a valuable food for pain relief. It has been shown to help reduce muscle and joint pain and the severity of migraine headaches. It is beneficial for many chronic inflammatory diseases including cancer, and because it helps prevent the toxic effects of many substances (including cancer drugs), ginger may be useful to take in addition to conventional cancer treatments.

You can consume ginger in the form of tea or by adding it to cooked dishes. For most potent medicinal properties, ginger extract may be needed. ●

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# TURMERIC: THE NATURAL REMEDY FOR CHIROPRACTIC

BY TINA BEYCHOK

**You no doubt have already recommended turmeric as an excellent medicinal for treating a variety of conditions.**

**It has been showed to treat everything from inflammation and pain to osteoarthritis and viral infections.[1-3]**

**Turmeric is actually part of the ginger family, which is a rhizome plant that grows in a variety of regions in Asia and has been a staple of both Ayurvedic and traditional Chinese medicine for thousands of years. Turmeric is usually harvested by drying out the root, then turning it into a fine powder.**

**However, the turmeric root can also be pickled or preserved in slices, rather than just used as a powder. As is often the case with Ayurvedic or traditional Chinese medicine, many of the same herbs that can be ingested for medicinal purposes can also serve as beauty products or even as spices for cooking, and turmeric is no exception.**

## COOKING

**Perhaps the most well-known preparation for turmeric, outside of its medicinal uses, is as the main ingredient in curries, infusing it with that distinctive golden color. Turmeric is most often combined with coriander and cumin to make the spice mixture for curry, which can vary by regions in Asia ranging from India to Thailand and beyond.[4] Curry can include vegetables and a variety of meat, including beef, chicken, fish or lamb, all served over rice.**

**In Southern India, where vegetarianism is more popular, lentil beans often take the place of animal protein.[4]**

**Interestingly, curry powder as we now see in the spice aisle of our grocery store actually was an 18th-century invention of the colonial period in India so that British soldiers could recreate the dish at home when their tours of duty ended.** continued>>



## TURMERIC OR GINGER TEA

Turmeric or ginger tea is particularly good for treating pain and inflammation. It is best to use fresh or pickled sliced ginger, but dried ginger can also work. Powdered turmeric or ginger can be used, but neither is as effective.

If you add in a teaspoon of fresh lemon juice and hot water to drink it like an infusion, it makes an excellent Chinese herbal detoxifier. A 2012 study in an alternative medicine journal found that women who drank ginger tea not only had significantly less severe menstrual cramps than those who did not, but the duration of the cramps was also less severe.[5]

## BEAUTY AID

Turmeric's excellent antibiotic properties make it a very soothing face mask to treat blemishes and acne. Furthermore, women in India have used it as a means to quickly and easily remove unwanted facial hair.

An article in a popular Indian lifestyle magazine suggests mixing equal parts of turmeric and gram (chickpea) flour with a bit of warm water to make a thick paste.[6] Apply the paste to the face, let it dry completely, and then gently wash it off with a warm washcloth. The facial hair should easily come right off.

Turmeric should be a regular part of your patients' wellness plan as an all-purpose medicinal herb. Now there are even more ways that they can add it into their daily lives to get more benefit from its health properties. ●

**Turmeric or ginger tea is particularly good for treating pain and inflammation. It is best to use fresh or pickled sliced ginger, but dried ginger can also work.**



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# HELP YOUR PATIENTS BENEFIT WITH FRUIT ENZYMES

– BY TINA BEYCHOK –

We all know about the health benefits of eating fresh fruit as much as possible but consider fruit enzymes as well.

Not only does fresh fruit taste good, but it contains vitamins, minerals, and enzymes that help keep our bodies working in top form. This is precisely why you recommend fruit as an essential part of your patients' healthy diets. Unfortunately, if you are in an area that is not conducive to year-round affordable access to fresh fruit, it can be difficult to come up with alternative recommendations for your patients during the fall and winter months.

**It can be difficult to come up with alternative recommendations for your patients during the fall and winter months.**

You could let your patients go without fresh fruit for one-third of the year, but that would mean they will be missing out on some valuable nutritional benefit.

Instead, consider recommending that your patients look at taking fruit enzyme supplements, which will offer the benefits of fresh fruit, but distilled down into capsule form that is easy to obtain throughout the year.

Two good examples of such fruit enzyme supplements are bromelain (from pineapples) and papain (from papaya).[3]

## BROMELAIN

Bromelain is an enzyme found in pineapple fruit stem.[1,2] It is often used to treat inflammation, particularly in cases of sinusitis, bronchitis, and osteoarthritis. It has also been shown to help promote cell death (apoptosis) in cases of cancer and can help with absorption of other drugs, particularly antibiotics.[2]

This means that bromelain will continued>>



not lose any of its therapeutic benefits as it is absorbed. In fact, it can be combined with other medications that treat similar conditions to provide even more healing benefits.2 It also helps absorb the nutrients in the pineapple itself, including vitamins A, C, D, B6, and B12, calcium, and magnesium.[1]

## PAPAIN

Papain has similar properties to bromelain, particularly in the areas of helping digestion, including both cases of constipation and diarrhea, and speeding wound healing. It also helps reduce inflammation related to allergies, sinus infections, and bronchitis.[3,4] The papain extract has also shown some benefit in terms of both cardiovascular disease and strokes.

Its absorption properties, which are similar to those of bromelain, may also help in terms of anti-aging effects, as valuable vitamins and nutrients in the papaya fruit are better absorbed throughout the body.[4] Such nutrients include the antioxidant vitamins C, A and E; the minerals magnesium and potassium; folate; and fiber.

## DOUBLE THE BENEFIT

Although the beneficial properties of bromelain and papain may seem to be identical, each has its own unique chemical makeup. Nevertheless, these two enzymes are similar enough that they can be used together; such that they complement each other and boost each one's healing properties.[3]

A good example of this complementary benefit can be found in terms of speeding up the process of wound healing. Bromelain helps dissolve dead tissue, while papain helps stimulate the growth of collagen (a protein the body forms to fill out the body over the skeletal framework) in order for new skin to form.[3]

If your patients are committed to good health, they will want to maintain that throughout the year, not just when they can easily obtain fresh fruit as a vital part of their wellness diet. Obviously, this can be more difficult during the winter in certain parts of the country. Fruit enzyme supplements may provide an excellent means to help nutritionally support your patients during this time of year. ●

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# THE BENEFITS OF INCREASING CURCUMIN ABSORPTION

– BY TINA BEYCHOK –

Curcumin is the active ingredient in the spice turmeric, which is member of the ginger family.

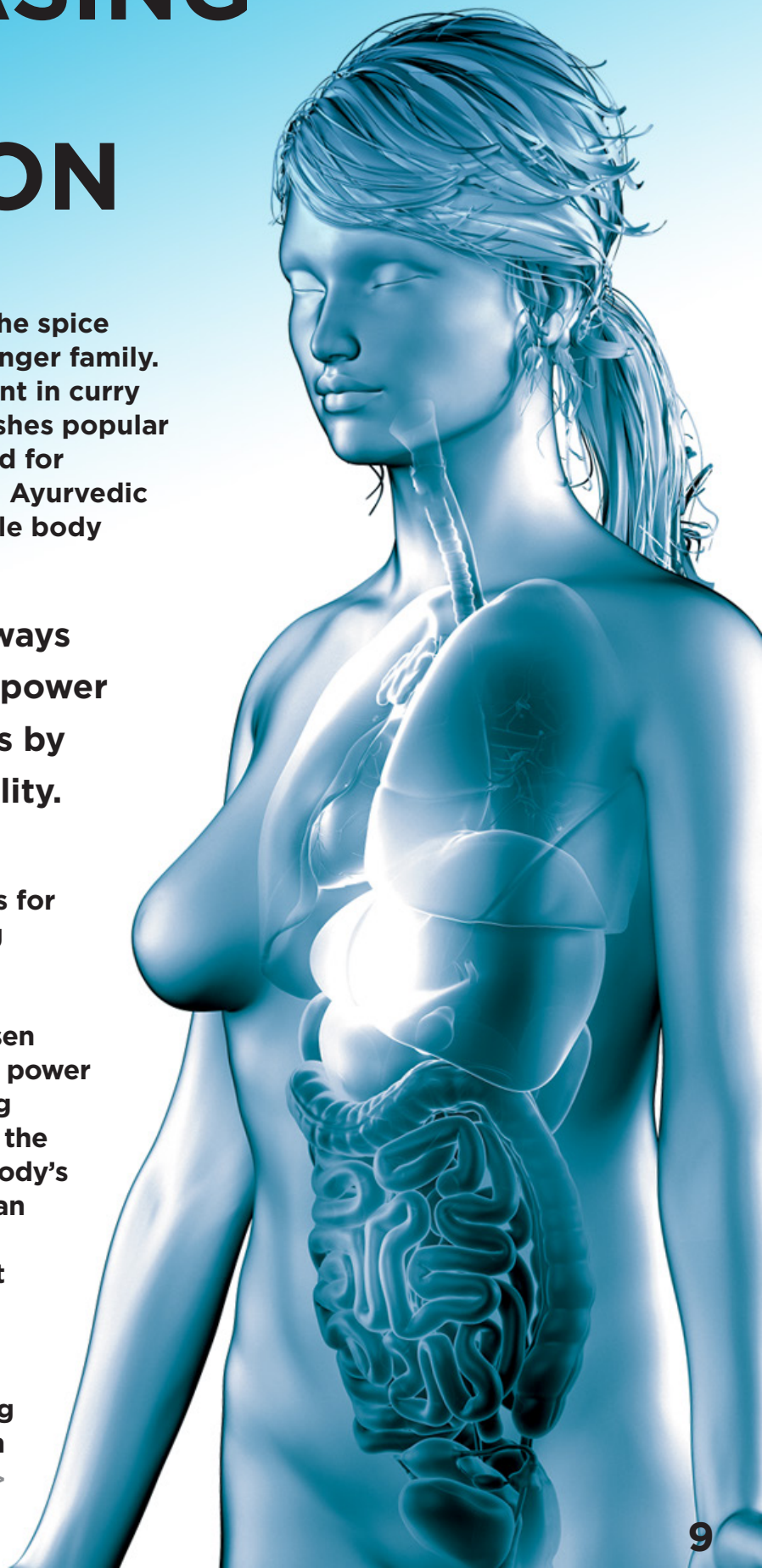
In addition to being the main ingredient in curry powder, which is often used to make dishes popular throughout Asia, turmeric has been used for thousands of years as part of the Indian Ayurvedic tradition.[1] Furthermore, there is an ample body of research showing curcumin's benefits for treating a variety of conditions, ranging from osteoarthritis, to cancer, to liver problems.[1-3]

**Research has arisen about ways in which to boost the healing power of plant-based supplements by increasing their bioavailability.**

An interesting body of research has arisen about ways in which to boost the healing power of plant-based supplements by increasing their bioavailability, or the percentage of the plant extract that actually gets into the body's system.[4] Adding in other plant extracts can sometimes increase bioavailability.

Curcumin's bioavailability is poor, as it is quickly metabolized in the intestinal wall and liver.[5-6] Therefore, the focus of research has been on extracts that decrease such absorption, thus boosting curcumin's bioavailability. Extracts from black pepper (piperine)

continued>>



and pineapple (bromelain) are two such substances that may help boost curcumin's healing powers.

## BLACK PEPPER EXTRACT

The black pepper extract piperine has been one among several extracts studied in an effort to boost the bioavailability of cucurmin.[5] It reduces intestinal absorption, therefore increasing the concentrations of curcumin in the body's circulatory system.

While some studies have focused just on lab animals, others have looked at the effect of adding piperine to curcumin in humans. As one might expect, the percentage of increased bioavailability will be greater in humans than in lab animals.[5-6] One 2014 study compared the bioavailability of curcumin with piperine in both human and rat subjects. It found that the bioavailability in rats increased by 154 percent for a 20 kg/g dose of piperine given with a 2 g/kg dose of curcumin.[6]

Furthermore, peak serum concentrations increased from four hours after dosage to five to six hours. In comparison, human subjects given a 20 mg dose of piperine with a 2 g dose of curcumin experienced a 2000 % increase in bioavailability. The time of peak serum concentration went from effectively being undetectable to anywhere from 15 to 60 minutes.[6]

## PINEAPPLE EXTRACT

The extract of pineapple juice and stems, called bromelain, can easily be absorbed by the body without losing any of its therapeutic benefits.[7] In addition, it serves as an anticoagulant and anti inflammatory. In fact, it treats several of the same conditions as curcumin, including osteoarthritis, liver problems, and cancer.

This has lead some speculation that combining both curcumin and bromelain will provide the healing benefits of both extracts, while also taking advantage of the latter's easy absorption to help boost curcumin's bioavailability.[7-8]

**Black pepper (piperine) and pineapple (bromelain) are two such substances that may help boost curcumin's healing powers.**

Given the effectiveness of both piperine and bromelain at increasing the bioavailability of curcumin, it only makes sense to combine all three into one formulation. This provides three different extracts that treat similar conditions combined with good bioavailability.

Such a formulation will not only provide your patients with therapeutic benefits, but deliver those benefits more quickly for a longer period of time after each dose. ●

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# WHY YOU SHOULD BE RECOMMENDING PREBIOTICS

By Abby Kass



– BY ABBY KASS –

Many people already know the importance of probiotics. Probiotics aid in digestion and clean out the gut to make sure things run smoothly and are often found in yogurt or other fermented products as well as through supplements.

Prebiotics, on the other hand, are the lesser-known cousins to probiotics. Prebiotics are essentially food to probiotics. Probiotics are living things and need food in order to survive and keep you healthy. Prebiotics are a type of plant fiber that nourishes the good bacteria in your body.[1] They are non-digestible food ingredients that help stimulate the growth of good bacteria in the gastrointestinal tract, which leads to better health all around the body.

Prebiotics can be more powerful than probiotics though because probiotics are so variable. There are hundreds of types of probiotics. While there has been some preliminary research on which types are best for people, different people have different reactions, so the best probiotic for a particular person is not known.[2] Probiotics are also sensitive and can be killed by heat and stomach acid even before they have taken affect.

All prebiotics are fiber, but not all fibers are prebiotic. To be considered a prebiotic, the fiber must be fermented by the intestinal microflora, stimulate growth and activity of good bacteria, resist gastric acidity, and be absorbed in the upper gastrointestinal tract. continued>>

## IMPORTANCE OF PREBIOTICS

The colon is an essential part of our overall health. The colon contains many types of bacteria that all aid in improving health physically, mentally, and emotionally. Healthy bacteria can improve the absorption of minerals, strengthen the bowel wall, and help regulate hormone production.

Prebiotics themselves also have health benefits. The Department of Food Science and Nutrition at the University of Minnesota found some of the health benefits of prebiotics in 2013. Prebiotics may promote weight loss, reduce symptoms and inflammation of inflammatory bowel disease, prevent colon cancer, lower risk for cardiovascular disease, and enhance calcium absorption.[3] They can also treat diarrhea, prevent yeast infections, reduce the severity of colds and flu, and treat irritable bowel syndrome.

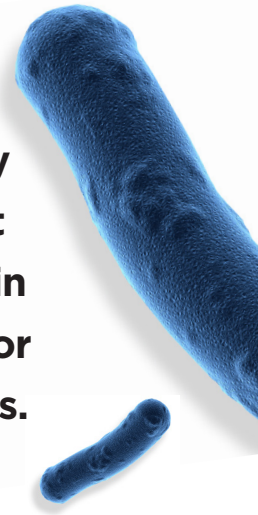
Both prebiotics and probiotics have been said to help lower cholesterol. But, a 2010 study by the International Journal of Molecular Science, looked at both in vivo and in vitro studies and found mixed results. While some studies showed positive effects in lowering cholesterol, others had no effects at all. Because of this, more studies need to be done on the effect of prebiotics in lowering cholesterol.[4]

Along with physical health, prebiotics can influence mental health. In 2013, Neurochemistry International found that prebiotics increased brain derived neurotropic factor (BDNF) expression in rats.[5] This study shows promise of the use of prebiotics to help neuropsychiatric illness, but more studies need to be done.

## WHERE TO FIND PREBIOTICS

Because prebiotics are naturally found in food, you may have already been consuming them. They can be found naturally in asparagus, chicory, leeks, Jerusalem artichokes, wheat, soybeans, oats, garlic, and onions.[3] Prebiotic fiber can also be found in the skin of apples as well as bananas.

**In 2013, Neurochemistry International found that prebiotics increased brain derived neurotropic factor (BDNF) expression in rats.**



Since prebiotics and probiotics work together, it is important to have both in your diet. When the two are combined, the form a synbiotic. Yogurt, kefir and other fermented dairy products are synbiotic because they contain both live bacteria and the fuel to help the bacteria survive.[6]

A diet of both prebiotics and probiotics can help your patients maintain a healthy lifestyle and keep their gastrointestinal tract clean and full of good bacteria. ●

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# BERBERINE: THE DIABETIC ALTERNATIVE

– BY CHRISTINE DEBUSK –

**The American Diabetes Association (ADA) reports that diabetes is on the rise. In fact, between 2010 and 2012 the number of Americans diagnosed with this blood sugar condition increased by 3.3 million, bringing the total to 29.1 million in the U.S. alone.**

**To put this into perspective, this means that approximately ten percent of the population has diabetes. Of these, one out of every three to four remain undiagnosed according to the ADA, which means that these individuals are not getting the treatment they need to live healthy, active lives.**

**But that's not the worst part.**

**What's even more astonishing, and perhaps even more troublesome, is that a whopping 86 million adult Americans have pre-diabetes, says the ADA.**

**This puts this large segment of the population at higher risk of developing full-blown diabetes, which means that it also places them at risk of other conditions common to this disease, some**

continued>>

**What's astonishing is that a whopping 86 million adult Americans have pre-diabetes, says the ADA.**



of which include heart attack, stroke, vision problems, kidney disease, and lower-limb amputations. In severe cases, diabetes may even lead to death.

## REVERSING THE TREND THROUGH LIFESTYLE CHANGES

It's important to note that only 1.25 million have type 1 diabetes, whereas the remaining 27.85 million have type 2 diabetes, which is the type most commonly associated with lifestyle, making it largely preventable. Understandably, the increasing number of diabetic and pre-diabetic Americans has many health experts and agencies alarmed.

That's why one of the top suggestions for reversing this trend is a change in diet. For instance, the National Institute of Diabetes and Digestive and Kidney Diseases offers 50-plus ways to achieve this goal, with options ranging from eating on smaller plates so as to better control portions to swapping out high-in-sugar soda and replacing it with better-for-you water.

Moving more is another frequently suggested lifestyle change when it comes to preventing or managing type 2 diabetes. To highlight the importance of physical exercise, Harvard's School of Public Health points to research which has found that a mere 30 minutes of brisk walking daily "reduces the risk of developing type 2 diabetes by 30 percent."

While these are both effective actions to take in the fight against diabetes and pre-diabetes, there are other things you can do to potentially lower your risk as well. One involves a supplement called berberine.

## BERBERINE AS AN ADDITIONAL TREATMENT OPTION

Healthline explains that berberine is an alkaloid herb which, because of its anti-bacterial properties, "was used by a number of Native American tribes for treating ailments, including stomach ulcers and eye irritation." It can also be found in some dyes due to its yellow color.

**Many of the 84 subjects taking berberine noted decreased A1c levels and fasting blood glucose levels. Researchers also noted that cholesterol levels went down in this group as well.**

However, according to research, it's also possible that this particular supplement, which can be found in goldenseal and Oregon grape plants, may also help with blood sugar issues.

For example, in May 2008, the journal Metabolism published a study, which was conducted to ascertain whether berberine was effective in treating type 2 diabetes. After just one week, and continuing throughout the three-month study, many of the 84 subjects taking berberine noted decreased A1c levels and fasting blood glucose levels. Researchers also noted that cholesterol levels went down in this group as well.

Another study published in February of 2010, also in Metabolism, found similar results, adding that liver function "was improved greatly" in the subjects taking berberine. They attributed this positive response to berberine increasing insulin receptor expression in the body's cells.

This is promising information for the roughly 115 million Americans who are either pre-diabetic or diabetic, whether diagnosed or not.

The one word of caution, says Healthline, is that this substance should not be taken by infants or women who are pregnant or lactating; otherwise, "In its pure form, berberine is generally considered safe for adults."

The benefits of berberine may be a great option for many of your diabetic and pre-diabetic chiropractic patients. ●



# CURCUMIN HELPS TO TREAT OSTEOARTHRITIS PAIN

Numerous population studies have shown that the number of older Americans is on the rise.

Between baby boomers and generation X, estimates put the number of people age 65 and older at 20 percent (or one in five) of the US population by the year 2020.[1,2]

This increase in the older population is reflected in DCs offices, given that older patients represent more than 14 percent of their patients, with musculoskeletal pain being the most common complaint.[1,2]

Although this often takes the form of back pain, osteoarthritis can be another common musculoskeletal complaint among older patients.

## THE OSTEOARTHRITIS PARADOX

Osteoarthritis can be one of the more difficult musculoskeletal conditions to treat because standard recommendations include exercise and strength training, both of which can be difficult if the joints are particularly stiff.1 This creates a paradox, because the most effective way to treat osteoarthritis is via movement, yet doing so may initially cause greater pain before patients begin to see results.

**This increase in the older population is reflected in DCs offices, given that older patients represent more than 14 percent of their patients.**

Obviously, expecting patients to go straight from the couch to running a 5K race is unrealistic, but clinical symptoms will only become more chronic unless patients incorporate some type of exercise or stretching regime into their daily routine.

So the question then becomes: How can DCs treat their older patients' osteoarthritis beyond just exercise and stretching recommendations and help to break this paradox?

Some interesting research on the nutritional supplement curcumin continued>>

may hold the answer for getting older patients started on the road to treating their osteoarthritis pain.[3]

## WHAT IS CURCUMIN?

Curcumin is the active ingredient in the spice turmeric, a member of the ginger family. Although turmeric is best known as an ingredient in curry, it has been prized for thousands of years within Ayurvedic medicine for treating a variety of conditions, such as cancer, infections, and Alzheimer's disease. However, recent research on curcumin has shown a benefit for treating knee osteoarthritis.

## RESEARCH SHOWS CURCUMIN HEALTH BENEFITS

A 2009 article published in the Journal of Alternative and Complementary Medicine compared the efficiency and safety of curcumin extract (2 g per day) to ibuprofen (800 mg per day) for treating knee osteoarthritis in a group of 107 patients over the course of six weeks.4 Fifty-two patients received the curcumin extract, and 56 received the ibuprofen.

Outcome measurements, which were taken at baseline and weeks two, four and six, were: Level walking, pain on using stairs, side effects, and knee functions during a 100-meter walk and going up and down a flight of stairs.

Both groups showed significant improvement at all measurement points. The researchers concluded that more research is needed, but it appears that curcumin may be just as effective as ibuprofen at treating knee osteoarthritis.[4]

A more recent article published in the Journal of Orthopaedic Science compared curcumin extract (180 mg/day) to a placebo in a group of older patients (> 40 years of age) with knee osteoarthritis over the course of eight weeks.[5] Outcomes were measured every two weeks.

**At the end of eight weeks, patients taking curcumin reported significantly less pain than did placebo patients.**

At the end of eight weeks, patients taking curcumin reported significantly less pain than did placebo patients, as measured on the knee pain portion of the Visual Analog Scale (VAS). Curcumin also lowered dependence on the NSAID, celecoxib, to treat osteoarthritis pain.[5]

There is no doubt that chiropractic can help older patients, particularly those suffering from osteoarthritis. However, it may be difficult to get patients started on the road to reduced pain if the recommended treatment will initially cause them more pain. Adding curcumin extract to a standard exercise and stretching therapeutic recommendations will make it easier for them to get back to a more active, healthy lifestyle. ●

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# HOW GINGER CAN HELP FIGHT INFLAMMATION

– BY PHYLLIS HANLON –

When you think of ginger, you probably envision cookies and milk or maybe a remedy for nausea.

But the ingredients in ginger have been found to do so much more. Several studies report that anti-inflammation properties in this spice could address a variety of medical conditions.

Take diabetes for instance. The American Diabetes Association (ADA) reports that in 2012, 29.1 million Americans had diabetes; of that number, 21 million were undiagnosed and an additional 1.4 million Americans are diagnosed each year. The disease remains the 7th leading cause of death. But recent studies offer hope for those with diabetes.

A 2013 study evaluated the administration of oral ginger supplements to patients with type 2 diabetes. Findings showed that the ginger helped reduce inflammation and "may be a good remedy to diminish the risk of some chronic complications of diabetes."

## BENEFITS OF GINGER

Ginger has also proven effective for other chronic conditions. For instance, a 2014 study found that doses of ginger volatile oil reduced the symptoms of ulcerative colitis, an inflammatory bowel disease.

Those who suffer with chronic kidney disease might be interested in another 2014 study that examined the effects of ginger on renal inflammation (). The researchers found ginger to have a protective effect on "metabolic syndrome-associated kidney injury." The study noted, "Ginger, one of the most commonly used spices and medicinal plants, has been demonstrated to improve diet-induced metabolic abnormalities."

Researchers in Iran explored

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the effects of ginger on obese women with breast cancer, who are at an elevated risk of developing cardiovascular diseases. Their findings show that ginger supplementation, together with water-based exercise, had a protective effect against further development of the cancer.

Ginger may also help relieve another common problem that results in 10 million doctor visits annually. The National Kidney Foundation reports that one in five women will most likely have a urinary tract infection (UTI) at least once in her lifetime. But as a home remedy, ginger tea can help to alkalize urine, making it less acidic, which will prevent the burning sensation associated with a UTI.

Kirstin Carey, Certified Holistic Nutritionist and owner, Nourish Organic Café, specializes in treating clients with autoimmune diseases and other inflammatory conditions and routinely recommends ginger. "In every case of autoimmune disease, there is an issue of a compromised digestive system. Clients are dealing with leaky gut and an ineffective digestive process – this leads to nutrient deficiencies," she says. "Ginger helps aid in the digestion process so we encourage clients to use fresh ginger in their dressings, juices and dishes."

Carey reports that clients see improvement in their condition "... at different speeds, based on level of damage, amount of time the client's health has been compromised, and how compliant the client is with her/his treatment plan." She adds, "Ginger is a powerful herb, however, and clients can often notice a shift in digestive response upon the first time using ginger. We recommend using chopped, grated, or juiced fresh ginger root in dishes, juices, and smoothies."

## REDUCE INFLAMMATION

For clients really struggling with slow digestion, Carey recommends using at least 1/8 teaspoon of fresh grated ginger with every meal, which can be increased to the client's tolerance. She adds that ginger can be taken long-term without any adverse effects and, for the most part, is safe for most people to take. "[However], since ginger helps with blood flow, people taking medications to help blood clotting may want to proceed with caution or discuss usage with their doctor," she notes.

**In every case of autoimmune disease, there is an issue of a compromised digestive system. Clients are dealing with leaky gut and an ineffective digestive process – this leads to nutrient deficiencies.**

Naturopathic Doctor (ND) and Certified Nutritional Consultant (CNC), Luisa Szakacs, of Marpé Nutrition, dubs ginger as "one of the most versatile foods to have in your home 'medicine' cabinet." She says, "It has a long history of benefits in many areas, including nausea, motion sickness, flatulence as well as other types of gastrointestinal distress. Ginger – both topically and orally – is one of my first recommendations when any of my clients come down with a 'stomach bug,' due to the quick and effective relief it provides to the gastrointestinal tract."

Szakacs notes that using ginger in everyday cooking will provide ongoing benefits from this super food. "Adding ginger to stir fry, smoothies, drinking ginger tea, or juicing with ginger strengthens your immunity, helps to stabilize blood sugar and keeps your gut healthy. Always keep some close-by for regular or emergency use," she says.

While this spice is a key ingredient in gingerbread cookies, it might also be beneficial in fighting inflammation from a number of medical conditions. ●

# ARE OMEGA 3S REALLY THE ANSWER FOR INFLAMMATION?

BY TINA BEYCHOK

The hot topic in healthcare right now is how to reduce inflammation.

Radical changes to the American environment and lifestyle over the last century, including physical activity, our environment, how we obtain our food, and levels of stress and anxiety have all combined to create an unprecedented rise in a number of chronic health conditions that all have a strong inflammatory component.

Unlike acute inflammatory conditions, which are parts of the healing process, following injuries such as a soft-tissue injury or bone break, chronic inflammation can actually aggravate conditions such as diabetes, obesity, and cardiac disease.[1]

According to the Centers for Disease Control & Prevention (CDC), approximately half of all American adults had one or more chronic health conditions in 2012, which added up to

**Seven of the top 10 causes of death in 2010 were due to chronic diseases with inflammatory components. Two of these chronic diseases, heart disease and cancer, accounted for almost half of all deaths just in that year.**

117 million people. Furthermore, one of four adults had two or more chronic health conditions.[2] In 2010, seven of the top 10 causes of death in 2010 were due to chronic diseases with inflammatory components. Two of these chronic diseases, heart disease and cancer, accounted for almost half of all deaths just in that year.[3]

Obviously, inflammation plays a large role in our current chronic disease epidemic. A high-inflammation diet loaded

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in salt, refined sugar, and fat has played a huge role in this constant inflammatory state in which our bodies currently reside. How can we improve this current inflammatory condition through both diet and supplements? Interesting research into omega 3s may offer some clues in the right direction.

## WHAT ARE OMEGA 3S, AND WHY DO THEY MATTER?

Omega 3s are what are known as essential fatty acids. They work to reduce the type of chronic inflammation that is often found in conditions such as diabetes, heart disease, and cancer. Unfortunately, the human body does not naturally produce omega 3s, so these essential fatty acids must come from either food or supplement sources.

## FOOD SOURCES

The most common food source for omega-3s is fatty fish such as salmon, herring, or mackerel. This type of fish contains long-chain eicosapentaenoic acids (EPAs) and docosahexaenoic acids (DHAs), which are particularly good at suppressing chronic inflammation. A 2012 study in the British Journal of Nutrition found that elderly Chinese women who consumed three ounces of fatty fish, five times a week for eight weeks, reduced their risk for cardiovascular disease.[4,5]

Chia seeds, walnuts, canola oil, and flaxseed oil contain the short-chain omega-3 fatty acid alpha-linolenic acid (ALA), which is not considered quite as effective at reducing inflammation as either EPA or DHA and requires eating greater quantities of food containing ALAs.[4]

## SUPPLEMENT SOURCES

Patients who are either allergic to fish or keep to a vegetarian or vegan diet may find that supplements provide them with a better source of omega-3s than nonfish foods. Various studies have shown the benefits of omega-3 supplements, in doses ranging from 2 grams to 4 grams per day for various lengths of time, ranging from six weeks to six months, depending upon the particular inflammatory condition being treated.[4]

**Omega 3s work to reduce the type of chronic inflammation that is often found in conditions such as diabetes, heart disease, and cancer.**



American life has undergone tremendous changes over the last century. Although part of these changes has brought us unprecedented technological advances, it has also had a detrimental effect on our overall general health. Fortunately, adding omega 3s into our diets, whether through supplements or natural food sources, can help offset some of these effects due to chronic inflammation. ●

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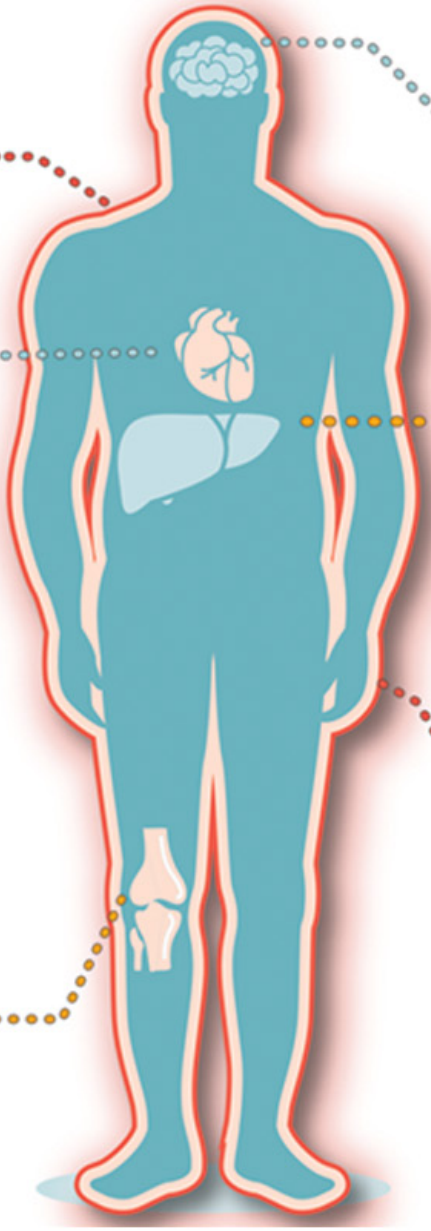
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