

Extreme Wellness!

6 WEEKS OF TRANSFORMATIONAL WELLNESS



With Nicole Carter, Med

Inflammation is your body's response to injury or insult.

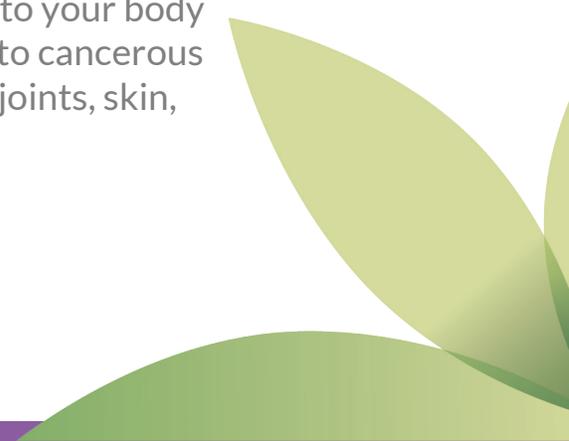
When something threatens your body's structure (injury) or chemistry (allergy) the response is increased inflammation to protect itself. It can be acute (sudden and short lived) or chronic (long lasting).

Many of the foods we eat and think are healthy can actually be causing inflammation within our guts. The stomach, intestinal lining and colon can all become inflamed from environmental toxins, acid reducing drugs, food additives, sugar, grains, bacterial imbalance and stress.

When the intestinal lining is constantly inflamed, intestinal permeability can occur and act like tiny holes allowing minute food particles or other material to pass through the gut lining and into the blood stream. Since food particles should not be floating around the bloodstream, the body sees it as foreign material and reacts with an immune response. This is considered by many to be the root cause of autoimmune diseases.

Some of the most common inflammatory conditions of the gut include Crohn's disease, ulcerative colitis and diverticulitis. Collectively these are called Inflammatory Bowel Disease or IBD. IBD can also have symptoms in other areas of the body such as joint pain, skin rashes and fatigue.

Constantly being in an inflamed state is dangerous to your body because once cells are inflamed they can mutate into cancerous cells. Also chronic inflammation can happen in the joints, skin, intestines and other organs.



Common Causes of Inflammation:

- Environmental Toxins
- Dietary Toxins
- Stress
- Sugar
- Trans fats

How do we get rid of it?

For injuries its natural for healing, but managing it with ice or anti-inflammatory plants can be very helpful. For chronic cases such as autoimmune or allergies, there needs to be a whole body approach such as an elimination diet, detox program and especially the inclusion of anti-inflammatory herbs and plant materials, especially the volatile oils (essential oils) from these plants. Some of the most powerful anti-inflammatory plants include Curcumin, Aloe Vera, Chamomile, and my favorite...Frankincense (Boswellia). They can be taken as supplements, used as oils and applied topically to the body.

Foods For Inflammation

Anti-inflammatory fruits include: papaya, pineapple, Goji berries, cranberries, berries, cherries, apples, kiwi, lemons and avocados. For veggies: cabbages, broccoli, cauliflower, kale, ginger root, onions, sweet potatoes, spinach, beetroot, bell peppers and mushrooms. Proteins are included too: cold water fish such as cod, salmon, herring and halibut.



Herbs for Inflammation

Turmeric - As one of the most commonly used herbs in Ayurveda tradition, this herb is a medicine cabinet all by itself. One of its main uses is to inhibit inflammation from occurring but it is also a natural pain reliever (analgesic), which makes it excellent for injuries, joint and back pain. Use 2 capsules 2 times per day or as directed on product package. Golden Milk (recipe below) can be used daily.

Willow Bark - This herb contains salicin, which relieves pain and reduces inflammation. It also reduces fevers. This is the original aspirin, however aspirin no longer contains white willow bark. Not recommended during pregnancy and with blood thinning medication, or anyone allergic to aspirin. Use 1-3 capsules per day, or 30 drops of the tincture 2-3 times per day.

Ginger - This amazing root helps with inflammation by inhibiting prostaglandin production. It is also helpful for pain due to inflammation or injury. It can be applied topically also by applying cold tea bags on inflamed joints, this is called a compress. Use 1-3 capsules per day, or tea bags as needed.

Cayenne Pepper - This hot spice improves circulation and helps with pain when applied topically. Its capsaicin content can help with sore joints, sprains, and bruises. Use caution on sensitive skin! Take 1-3 capsules with food daily or use topically as directed.



Garlic - Garlic contains the enzymes that generate inflammatory prostaglandins and thromboxanes, which help reduce inflammation. Garlic also contains allicin, which is an antioxidant that helps with inflammation. Take 2 capsules a day or 1 whole clove daily.

Boswellia - This is also known as Frankincense in its essential oil form. Boswellia is usually taken as a tablet or capsule as it is in its whole form. It is an excellent anti-inflammatory and helps to shrink inflamed tissue and relieve pain. Boswellia is commonly used for arthritis, asthma, and colitis and to help heal wounds. Use as directed.

For organizational purposes, I have included my full Herbal Medicine E-book in a separate section.

Essential Oils for Inflammation:

Chamomile – anti-inflammatory and pain relieving

Marjoram – mild sedative and anti-inflammatory

Eucalyptus – good for respiratory inflammation

Peppermint – digestive inflammation

Rosemary – joint pain and headaches, vascular

Thyme – overall anti-inflammatory

Clary Sage – best for PMS related inflammation or muscle spasms

Frankincense – strongest anti-inflammatory and pain reliever.

Black Pepper – overall anti-inflammatory

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