

Welcome!!!
Just hang On :o)
Our meeting will start soon.



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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!




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Inflammation

Latin inflammatio – To set on Fire –
(conditions ending in -itis)

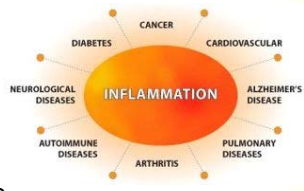
24 Million have an auto-immune disease
50 Million have Allergies
50 Million have Asthma
60 Million have IBS



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Which of these do you believe is not caused by "Chronic Inflammation"?

Plaque in arteries
Obesity
Cancer
Diabetes
Alzheimer's Disease
Acid Reflux



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Diseases Believed to Stem from Chronic Inflammation

- Acid reflux/heartburn
- Acne
- Allergies
- Alzheimer's disease
- Asthma
- Atherosclerosis
- Bronchitis
- Cancer
- Carditis
- Celiac disease
- Chronic pain
- Crohn's disease
- Cirrhosis
- Colitis
- Dementia
- Dermatitis
- Diabetes
- Dry eyes
- Edema
- Emphysema
- Eczema
- Fibromyalgia
- Gastroenteritis
- Gingivitis
- Heart disease
- Hepatitis
- High blood pressure
- Insulin Resistance
- Interstitial cystitis
- Joint pain/arthrits
- Metabolic syndrome (syndrome X)
- Myositis
- Nephritis
- Obesity
- Osteopenia
- Osteoporosis
- Parkinson's disease
- Periodontal disease
- Polyarteritis
- Polychondritis
- Psoriasis
- Scleroderma
- Sinusitis
- Sjögren's syndrome
- Spastic colon
- Systemic candidiasis
- Tendonitis
- UTI's
- Vaginitis

Answer:

Evidence strongly supports the belief that ALL disease is caused by chronic inflammation

So finding the cause of inflammation and reversing it is paramount to good health.





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Signs of inflammation

Yang Condition

- Redness
- Heat
- Burning
- Irritation
- Swelling



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For a Yang condition a Yin remedy is balancing

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Injuries Which Can Cause the Inflammatory Response


Short Term – Acute Conditions

- Twist
- Cut
- Blunt trauma
- Repetitive movement
- Oxidation

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Mechanics of Inflammation

1. An Injury (Insult) happens to the body
2. In response to the injury the body produces Histamine
3. Histamine defuses nearby capillaries causing them to leak out fluid, causing swelling, heat, pain and inflammation
4. This fluid attracts Phagocytes which consumes any possible invaders such as bacteria, virus, parasites etc.
5. Histamine subsides and swelling recedes

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Injuries Which Can Cause the Inflammatory Response (cont.)

- Stress
- pH imbalance
 - Milk products
 - Coffee, tea, tobacco products & certain tannic acids
 - Sugar
- Processed foods
- Toxins
 - Medication, insecticides, preservatives, chemicals
 - Foods we can't break down
 - Type 1 – immediate allergies
 - Type 2 – takes up to 72 hours after ingestion to produce allergic response


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Response to Inflammation

- Swelling
- Poor circulation
- Immobilization
- Heat



- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Blood 7.35 - 7.45
- Stomach 1.7

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Medical Test Which Indicates Inflammation

- C-reactive protein test
 - Low risk: less than 1.0 mg/L
 - Average risk: 1.0 to 3.0 mg/L
 - High risk: above 3.0 mg/L
- Homocysteine
 - 8-12 normal range
 - 12 and 15 borderline
 - over 15 considered high risk
- Sedimentation rate
 - Men 0-15 millimeters per hour (mm/hr)
 - Women 0-20 mm/hr
 - Children 0-10 mm/hr
 - Newborns 0-2 mm/hr

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Inflammation in the Respiratory System

- Asthma
- Bronchitis
- Emphysema
- Respiratory Allergies
- Sinusitis



- Marshmallow root
- Slippery Elm
- Vitamin A & D



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Inflammation in the Digestive System

- Heartburn
- Acid Reflux
- Stomach Ulcers
- IBS
- Crohn's
- Colitis
- Celica's
- Slippery Elm
- Aloe Vera
- Ginger
- Psyllium
- Intestinal Soothe & Build
- Everybody's Fiber



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Inflammation in Joints and Muscles

- Stiff or Cracking joints
- Osteoporosis
- Arthritis
- Lupus
- Fibromyalgia
- Glucosamine Sulfate /MSM/ Chondroitin
- Liquid Chlorophyll
- Calcium/Magnesium/Vitamin D
- Boswella
- Alfalfa
- Correct diet and digestion (pH)
- Morinda
- Thai-go
- Detox body



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Inflammation of Tissue

- Gingivitis
- Acne
- Dermatitis
- Edema
- Eczema
- Wild American ginseng
- Flaxseed oil
- Evening Primrose oil
- Parsley



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Inflammation of the Circulatory System



- Build up of plaque (atherosclerosis)
- Hardening of the arteries (arteriosclerosis)
- Vitamin C
- Thai Go
- Mega-Chel
- Vitamin A, D and E




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Bladder infections

- Bladder infections
- Cystitis
- Nephritis
- UTI's
- Vaginitis


Marshmallow Root
Yarrow
KB-C
Urinary Maintenance
Boswella



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Suggestions

- Anti-inflammatory diet - <http://www.marysherbs.com/Miscellaneous/pHfoods.shtml>
- Fatty acids
- Water
- Flavonoids
- Anti oxidants
- Endorphins from exercise or sex


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Questions

PERSON WHO INVITED YOU

Victoria
 208-569-9589 cell
victoria@ida.net email
<http://www.naturalhealthchicks.com> website
<https://www.facebook.com/groups/Healthchick/>
 Facebook page

facebook

Mary Paranych
 Reed Gates
 Edit Profile

GROUPS
 Natural Health Profess...

Mary Reed Gates
MarysHerbs@aol.com
 717-898-2220




Questions

PERSON WHO INVITED YOU

Shari
sweisenbach@etczone.com email
<http://herbalbeginnings.weebly.com> website
 (812) 593-0419 Phone
<https://www.facebook.com/Herbal-Beginnings-850250861668814/timeline/>
 Facebook page

facebook

Mary Paranych
 Reed Gates
 Edit Profile

GROUPS
 Natural Health Profess...

Mary Reed Gates
MarysHerbs@aol.com
 717-898-2220




Questions

facebook

Contact:
 Mary Reed Gates
MarysHerbs@aol.com
<http://www.NaturesHerbs.biz>
 717-898-2220

To be put on our emailing list go to: <http://www.naturesherbs.biz/>

First Name
 Email Address

<http://www.herbalremedyexpert.com/PIC-WG-PP>




Questions

facebook

Contact:
 Tara Belderok
LetsGetHealthy123Go@gmail.com
 816-903-3377
<http://www.mynsp.com/LetsGetHealthy123Go>

To be put on our emailing list go to: <http://www.naturesherbs.biz/>

First Name
 Email Address

<http://www.herbalremedyexpert.com/PIC-WG-PP>

Mary Reed Gates
 717-898-2220
MarysHerbs@aol.com

