

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 can **not** be caused by "Chronic Inflammation"?

Plaque in arteries

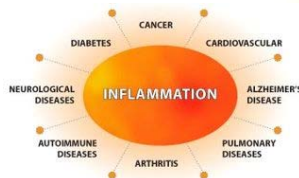
Obesity

Cancer

Diabetes

Alzheimer's Disease

Acid Reflux



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Answer:

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

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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
- Tendinitis
- UTI's
- Vaginitis

Signs of inflammation

Yang Condition

- Redness
- Heat
- Burning
- Irritation
- Swelling



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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


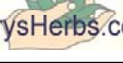
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Inflammation in Joints and Muscles

- 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
- Flavinoids
- Anti oxidants
- Endorphins from exercise or sex

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Questions???

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