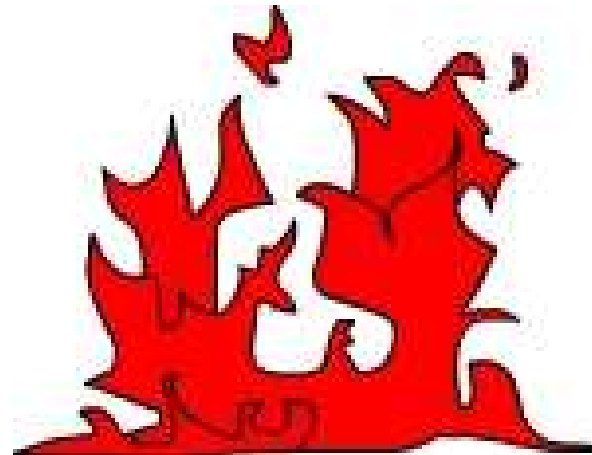


# Inflammation

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

Which of these do you believe can **not** be caused by “Chronic Inflammation”?

1. Plaque in arteries
2. Obesity
3. Cancer
4. Diabetes
5. Alzheimer’s Disease
6. Acid Reflux

# Answer:

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

# 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/arthritis
- 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

# 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

# Injuries Which Can Cause the Inflammatory Response

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

# Injuries Which Can Cause the Inflammatory Response (cont.)

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

# Response to Inflammation

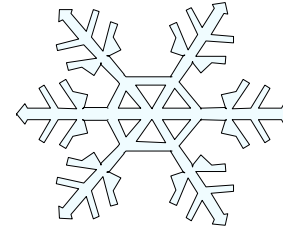
- Swelling
- Poor circulation
- Immobilization
- Heat

# 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

# Inflammation in the Respiratory System

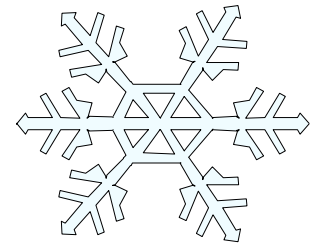
- Asthma
- Bronchitis
- Emphysema
- Respiratory Allergies
- Sinusitis



- Marshmallow root
- Slippery Elm
- Vitamin A & D

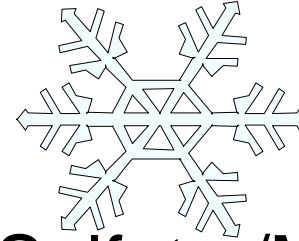
# Inflammation in the Digestive System

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



# Inflammation in Joints and Muscles

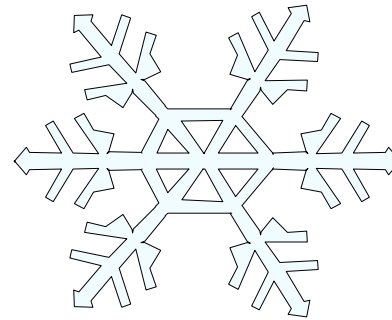
- Stiff or Cracking joints
- Osteoporosis
- Arthritis
- Lupus
- Fibromyalgia



Glucosamine Sulfate /MSM/  
Chondroitin  
Liquid Chlorophyll  
Calcium/Magnesium/Vitamin D  
Boswella  
Alfalfa  
Correct diet and digestion (pH)  
Morinda  
Thai-go  
Detox body

# Inflammation of Tissue

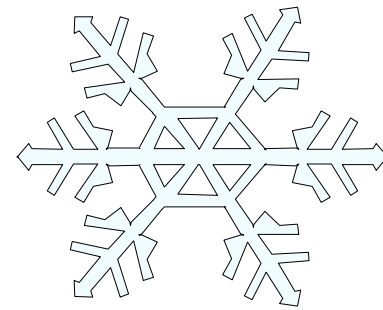
- Gingivitis
- Acne
- Dermatitis
- Edema
- Eczema



Wild American ginseng  
Flaxseed oil  
Evening Primrose oil  
Parsley

# Inflammation of the Circulatory System

- Build up of plaque (atherosclerosis)
- Hardening of the arteries (arteriosclerosis)



Vitamin C

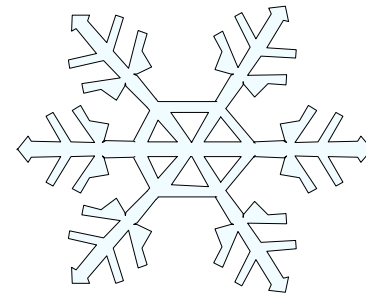
Thai Go

Mega-Chel

Vitamin A, D and E

# Inflammation of the Urinary System

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



Marshmallow Root

Yarrow

KB-C

Urinary Maintenance

Boswella

# Suggestions

- Anti-inflammatory diet
- Fatty acids
- Water
- Flavonoids
- Anti oxidants
- Endorphins from exercise or sex

