what beauty has to do with Inflammation

Inflammation



For me, the best makeup is to first have healthy glowing skin. Otherwise it’s like a band-aid covering up something that is letting us know how our internal system is doing.

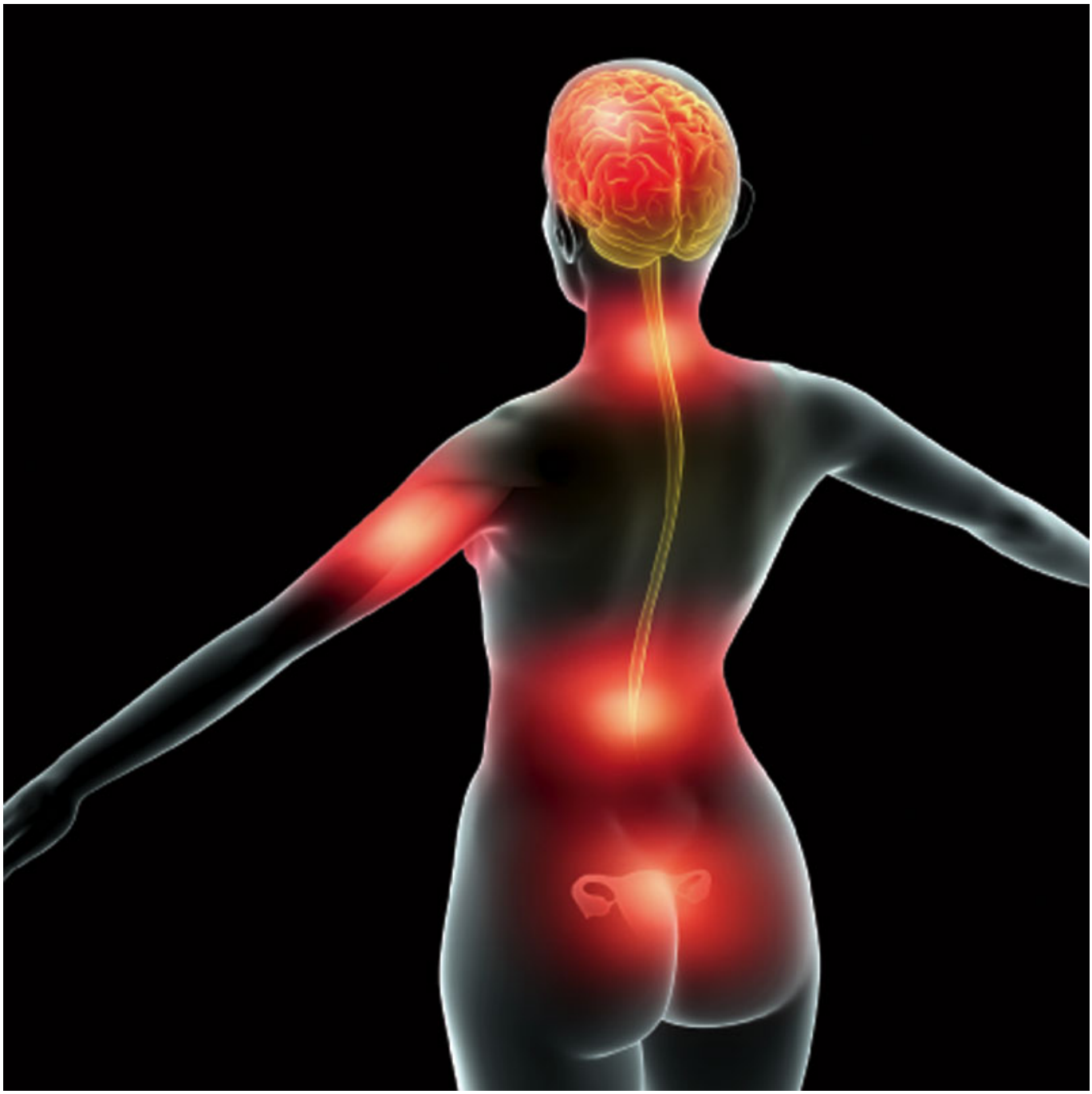
When I work with a client, one of my top priorities is to maintain and support a good skincare regimen from the inside out, I love to share information with them about hydration and sings of inflammation, they are usually very grateful and it makes are journey much easier.
Inflammation is the reflection of how the inner health is maintained .

Many skin care specialists believe inflammation is a key

factor in premature skin deterioration and a majority of internal issues. Because the body’s basic response is to protect itself from irritation via inflammation, many people believe this response is a positive one. However, several scientists and skin care professionals from around the world advise people to avoid inflammation altogether. Bottom line: Anything that causes redness, over heating, swelling and any kind of irritation maybe detrimental to a person’s overall wellbeing.

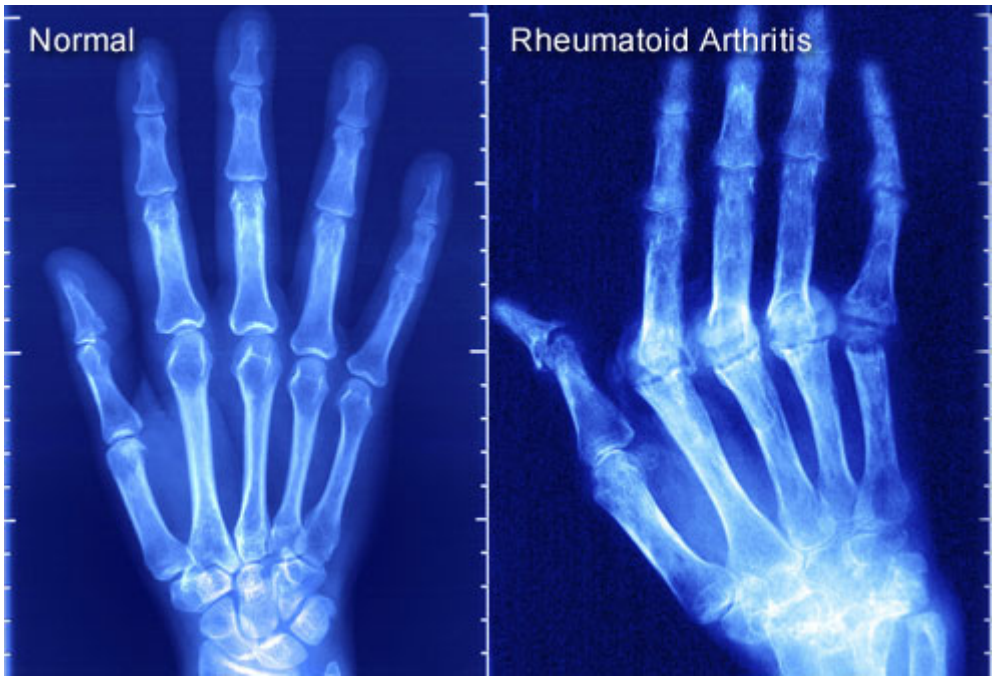
There are a few upsides to inflammation: It is a sign of the body attempting to repair an affected area by bringing blood to the site; it helps to remove intruding agents from the site; and the additional white blood cells arriving at the site help to counteract the aggressor. Still, individuals should avoid inflammation at all costs.

In simplest terms, inflammation is the body’s immediate reaction to guard itself from some type of damage caused by an environmental external invader. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.



Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected. Signs are so mild that

they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-defensive state—and the inflammation process turns off.



That’s why long lasting inflammation is being labeled the 21st century’s number one challenge. Unlike its short form, long lasting internal inflammation can occur undetected because it falls just below the radar of discomfort and visible swelling. You feel nothing, or you may experience vague, unexplained signs for which there are no conventional answers. And while you search for answers or even ignore the signs altogether, your body’s inflammation process carries on for weeks, months, or even years—which compromises your immune system.

In my opinion, wellness is the absence of inflammation. A possible key to optimal wellness is to detect long lasting inflammation and address its root concerns promptly and effectively.

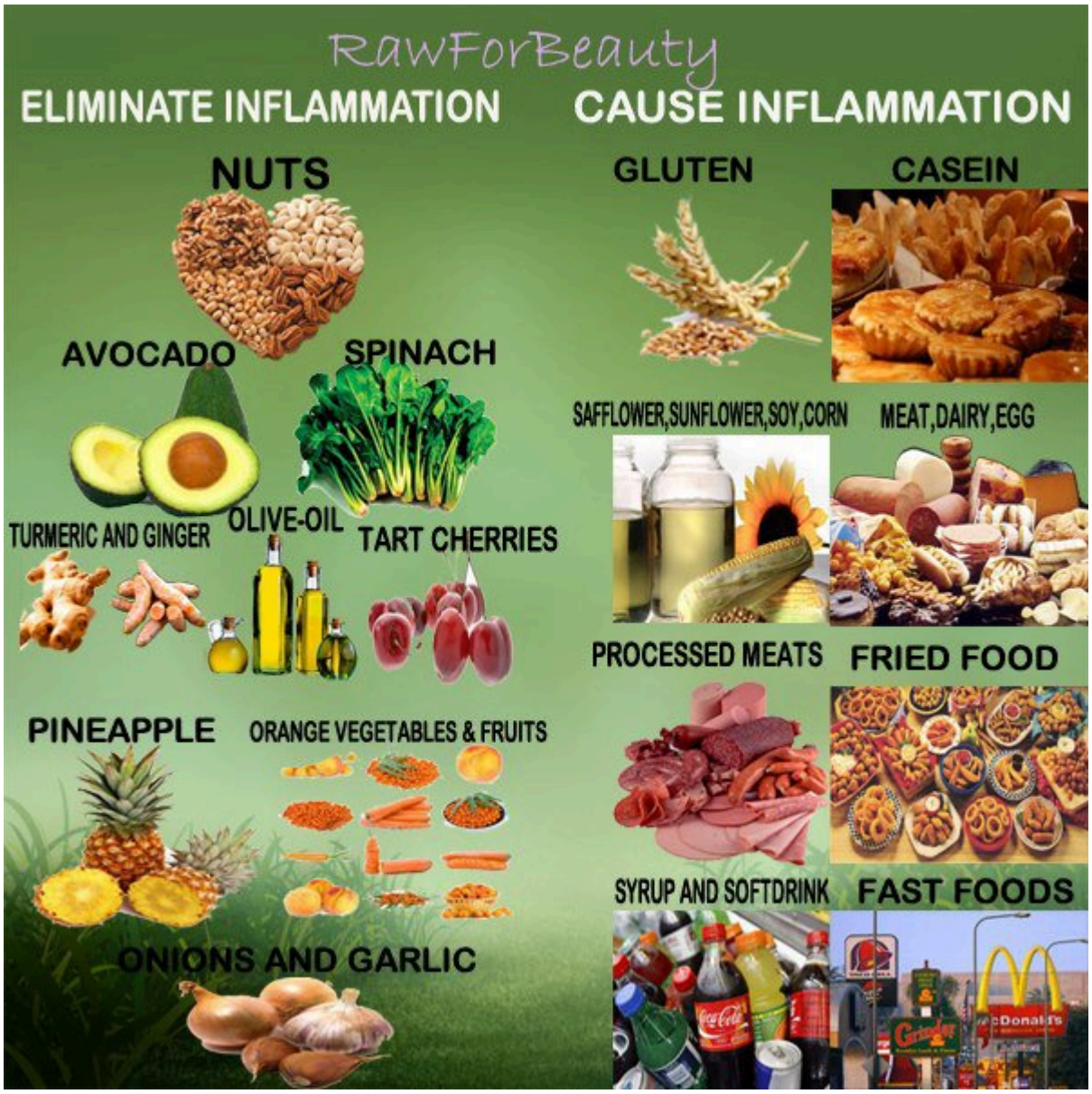


The signs of inflammation are many and varied – it's been linked to everything from bloating to joint pain to sinus congestion and skin rashes. Although a clinical assessment is the only way to determine for sure if you suffer from inflammation, the more of the following symptoms you

experience, the more likely you have low-grade inflammation, says Mark Hyman, MD, author of The UltraSimple Diet (Pocket Books, 2007).

- Bloating, belching, passing gas
- Diarrhea or constipation
- Fatigue, sluggishness
- Itchy ears or eyes
- Dark circles or bags under eyes
- Joint pain or stiffness
- Throat tickle, irritation or coughing
- Stuffy noise, sinus trouble, excessive mucus
- Acne, cysts, hives or rashes
- Ruddy, inflamed-looking skin
- Flushing
- Water retention, skin puffiness
- Craving certain foods
- Compulsive or binge eating

To mention a few, is a lot more to it.



The good news:

The beneficial Side of Inflammation:

It helps heal wounds the body will react immediately to a swelling in order to bring it down.This is the first attempt that the body makes to heal itself. The healing happens in

stages. The first stage of healing is irritation, then it becomes inflammation, witch consist of swelling, rashes etc., If these attempts from the body don’t happen one safely assume that wounds and infections would not heal properly or at all.

It is part of our innate immunity, we are born with it for most of us is a very lucky gift of life, because some people don’t have that luxury. This is called acquired immune deficiency or have an immune system that is too active among many other disorders of the immune system, so we should consider ourselves very lucky and take a minute to contemplate GRATITUDE, wouldn’t you think?

Water is a big part to help inflammation, insufficient water consumption causes toxicity of the body as well as constipation, tension,tightness, overeating, dryness, and kidney damage. Heat symptoms such as INFLAMMATION, fevers and feeling to warm can also be part of it.

Nutrients for inflammation::

Every Person require different dosages so consult a health practitioner if you are not sure, we are sharing information from authorities, still is a good idea to take the information and research what is the ideal for you.

Vitamin B complex 50mg 3 times a day
Need it for tissue repair

Vitamin B12 2,000 daily

Vitamin C 3,000 – 6,000 mg daily
Essential to the healing and reduction of inflammation. We recommend buffered.

Recommendation from

http://articles.mercola.com/sites/articles/archive/2015/02/02/anti-inflammatory-foods-herbs-spices.aspx

Four Spices That Pack Powerful Anti-Inflammatory Results

For one week, 10 to 12 subjects in each of 13 groups consumed a small amount of a particular spice each day. For example, those in the oregano group ate just half a teaspoon of oregano daily for seven days. Blood samples were drawn one hour prior to consumption, and at the very end of the experiment.

The participants' blood was then analyzed for antioxidant capacity. The researchers also analyzed how well the blood could dampen an induced inflammatory response in white blood cells.

This was done by placing the participants' blood onto white blood cells that had been damaged by oxidized cholesterol (commonly found in fried foods). Even at the "everyday" dosage amounts given, four spices were found to be significantly effective at quelling the inflammatory response:

1. *Cloves*
2. *Ginger*
3. *Rosemary*
4. *Turmeric*

The use of these Spices in our food is perfectly useful for our bodes to stay inflammation free, as a maintenance, if it is a health challenge, your health practitioner may recommend higher dosages specifically designed for your personal needs.

Other Potent Anti-Inflammatory Spices

In an earlier study published in the Journal of Medicinal Foods it was found a direct correlation between the antioxidant phenol content of spice and herb extracts and their ability to inhibit glycation and block the formation of AGE compounds (advanced glycation end products), making them potent preventers of heart disease and premature aging.

Here, cloves were ranked as the most potent of 24 common herbs and spices found in your spice rack. In all, the following were found to be the top 10 most potent anti-inflammatory herbs and spices:

1. *Cloves*
2. *Cinnamon*
3. *Jamaican allspice*
4. *Apple pie spice mixture*
5. *Oregano*
6. *Pumpkin pie spice mixture*
7. *Marjoram*
8. *Sage*
9. *Thyme*

To mention a few Spices and in order of importance.

A word of Caution: from https://www.bulletproofexec.com/best-anti-inflammatory-herbs-and-spices/

How To Avoid Mold Toxins in Spices and Herbs

You won't be surprised to learn that mold toxins are found not

just in coffee and food, but in spices and herbs too. The Bulletproof Diet book details how and why this happens, and all the best practices to pick the best spices and herbs.

The herb and spice industry is painfully aware of spoilage issues, which is why it's become so common to irradiate spices.

This process exposes them to radiation so they become sterilized. Irradiation may destroy some of the anti-oxidant and health benefits of herbs and spices, and irradiated or not, herbs and spices can spoil easily in your own home. Herbs often contain naturally strong antifungal and antibacterial oils, so the species that can flourish on them are usually the most aggressive toxin-formers.

When you get that canister of paprika down from the back shelf, pry it open, and dump some into a steaming pot of food, you're likely putting a substantial amount of toxin in, too, because the *last* time you did that, the steam entered the paprika package and started the mold growing. You'll always find a few mold spores in natural products, and the environment in your spice cabinet above the stove is a perfect incubator.

This means it is critical to select your source accordingly:

- One of the simplest things you can do to increase your performance is to toss out opened, dried spices that are more than a few months old.
- Use high-quality, recently opened, fresh or dried herbs and spices, or don't use them at all.
- I've done my best to identify the rationale behind the spice rankings in the Bulletproof Diet Roadmap but there is always room for personal experimentation. Black pepper is so commonly contaminated that I moved it into the suspect zone! It's up to you to decide where you go on the roadmap and how that makes you feel and perform.

If you’re eating an anti-inflammatory diet and including Spices as your ally, the suggestion here is to find the spices fresh. in the market, or you can grow them and have a direct relationship with them.

This is recommended by: Prescription for NUTRITIONAL HEALING by PHYLLIS A, BALCH,CNC.

Cartenoid complex, follow the label instructions this product strengthens the immune response.

Essential fatty acids, like evening primrose oil, flaxeed oil, fish oils mercury free, or fermented,use as directed on the label,they reduce overall inflammation.

Grape Seed extract this is am amazing powerful antioxidant, use as directed on label,

Proteolytic enzymes or Inflazyme Forte from America Biologics , use as directed on the label, is best used between meals and at bed time for 1 month, this aids controlling inflammation.

Superoxide dismutase (SOD), check the label for dosage, this is a high potency free radical scavenger that reduces infection and inflammation.

Zinc recommended 50 mg daily, is best not to exceed 100 mg daily from all supplements, this helps control inflammation and promotes healing,is recommended to use zinc gluconate lozenges or OptiZinc for best absorption.do not use Zinc for more than a month straight it can deplete other minerals.

Bromelain take on empty stomach and as directed on the label, 100 – 500 mg,is best used along with magnesium and 500 mg,and L-cysteine to enhance results, this supplements should be taken separately from copper and Iron.

Bromelain has anti-inflammatory activity and increases the

breakdown of fibrin, which s known to form around the inflamed areas, blocking blood and lymphatic vessels.

Inflammation is fixable: “Our best tool to reverse inflammation isn’t a drug, but our diets,” says Barry Sears, PhD, a former research scientist at Boston University School of Medicine and the Massachusetts Institute of Technology and author of the forthcoming Toxic Fat Syndrome. One of the best ways to snuff out inflammation is by heeding food sensitivities and intolerances. These are inflammatory responses that occur when the gut fails to break down certain foods.

The most notorious offenders are dairy, wheat, corn, sugar, soy, eggs, peanuts poor diet, mostly sugar,refined flours, processed foods, inflammatory fats such as transfats and unhealthy saturated fats,and STRESS is very inflammatory, Anger is inflamed thoughts. Keep a food diary to identify negative reactions (which may be delayed by hours or days after you’ve eaten), then root out food sensitivities by following an elimination diet for at least a week. (For more on that, see “False Fat” in the March/April 2003 archives.)

By eliminating the foods that irritate your body and eating more of those that help your body combat inflammation, you’ll get rid of a lot of bloating and water retention, produce fewer “weight-gain” hormones, and have more energy for activity, says Elson Haas, MD, medical director of the Preventive Medical Center of Marin in San Rafael, Calif., and author of The False Fat Diet (Ballantine, 2001). That sounds like a slim-down strategy we can all live with.

Anti-Inflammatory	Inflammatory
Fresh, unprocessed (as grown)	Old, rancid, moldy, processed, microwave, skimmed, enhanced, canned, adulterated
Fruit	Excessive meats and poultry; dairy
Vegetables (non-nightshade)	Nightshade vegetables (tomato, potato, bell and hot peppers, eggplant)
Water, herbal teas	Soft drinks, milk, juices, etc.
Herbs	Mandy drugs and medications (but you may need them)
Water	Dehydration
Most plant oils (best is olive oil, especially organic extra virgin olive oil and organic coconut oil), nuts oils (if not rancid), especially those rich in omega-3 fatty acids (nut oils, except coconut oil, should not be heated)	Animals fats, many commercial branded oils, vegetable shortening, corn oil, palm oil
Uncooked and cooked at low heat (steaming, boiling, simmering, braising)	Fried, baked, grilled, and broiled at high temperatures
Soy foods (to a degree)	Dairy products (milk, cheese, yogurt)
Nuts and dried fruit (without added sugar)	Candies, most chocolates, " health" bars
Naturally sweet fruit	Sugars, artificial sweeteners
Whole foods	Artificial molecules
No preservatives	Preservatives like nitrites, benzoic acid
No artificial additives	Artificial additives like dyes, preservatives, flavors, MSG, etc.
Grass-fed meats	Corn-fed meats
Nuts (if you are not allergic)	Peanuts (they are legumes, not nuts; should be eaten sparingly)
Fish, especially seawater	Excessive meats and poultry
No hydrogenated fats	Hydrogenated or partially hydrogenated fats (trans fats)
Food your body likes	Food your body reacts adversely to

Thankfully, the list of things that cause inflammation is relatively short:

• Poor diet—mostly sugar, refined flours, processed foods, and inflammatory fats such as trans and saturated fats

• Lack of exercise

• Stress
• Hidden or chronic infections with viruses, bacteria, yeasts, or parasites
• Hidden allergens from food or the environment
• Toxins such as mercury and pesticides
• Mold toxins and allergens



The Zone is not some mystical place or some clever marketing terms. It is a real physiological state in your body where the hormones that control silent inflammation are maintined in a zone that is not too high, but not too low. This requires treating food as if it were a drug to be taken at the right dose and at the right time. However, saying food is a drug is actually derogatory to food since your diet affects hormones that are hundreds of times more powerful than any drug. In many respects, food will be the most powerful drug you will ever take because you are using this drug at least three times a day for the rest of your life. Thus your diet can be your greatest ally or worst enemy because the hormonal rules for humans haven’t changed in the past 150,000 years, and they probably won’t change tomorrow.

Anti-inflammatory Recipes

Salmon and Quinoa Bowls with Kale and Tahini-Yogurt Sauce

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serving Size: 4



Ingredients

- 1 cup white quinoa
- 1 bunch Lacinato, Tuscan or dinosaur kale, thick stems removed and thinly sliced
- 1 medium carrot, peeled and thinly sliced
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- Olive oil
- Sea salt
- 2 cups cooked chickpeas, rinsed and drained if canned
- 1/4 cup dried currants, cranberries or cherries
- 1 tablespoon hemp seeds (optional)
- Four 4-ounce sockeye salmon fillets (skin on)
- For the sauce:
- 1/4 cup tahini paste
- 1/2 cup water
- 1 tablespoon lemon juice
- 1/2 cup Greek yogurt
- 1/2 teaspoon sea salt

Instructions

1. In a medium saucepan, combine the quinoa and 2 cups water. Bring to a boil, cover, and reduce the heat to low. Cook for 15 minutes, then let stand covered for 10 minutes off the heat. Fluff with a fork and set aside.
2. Meanwhile in a large mixing bowl, combine the kale, carrots, lemon juice, garlic, 2 tablespoons of olive oil and 1/2 teaspoon sea salt. With clean hands, toss the kale until very well coated in the lemon and oil. Add the cooked quinoa to the kale along with the chickpeas, dried fruit and hemp seeds (if using). Mix until well-incorporated and taste for seasoning.
3. Heat 2 tablespoons of oil in a large nonstick or cast iron skillet. Pat the salmon dry and season with salt. Cook the salmon skin-side down over high heat until nicely browned, 2-3 minutes. Carefully flip the fish and

cook for another 2 minutes, until opaque up the sides.

4. Divide the quinoa between 4 bowls and top with the seared salmon.
5. In a medium mixing bowl, whisk together the ingredients for the sauce until smooth. Add more water as necessary to make the sauce drizzle-friendly. Spoon over the fish and serve immediately.

Notes

The quinoa and tahini sauce can be made up to 3 days in advance.

Moroccan Red Lentil Soup with Chard

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Serving Size: 4



Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 2 large cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon sea salt
- One 15-ounce can diced tomatoes
- 1 cup dried split red lentils
- 2 quarts vegetable stock
- 1 bunch chard, stems removed, roughly chopped

Instructions

1. In a large stockpot or Dutch oven, heat the oil. Saute the onion and carrot over medium-high heat until soft and beginning to brown, 7 minutes. Add the garlic, cumin, ginger, turmeric, chili flakes, and salt. Cook one minute more. Stir in the tomatoes, scraping up any brown bits from the bottom of the pan, and cook until the liquid has reduced and the tomatoes are soft, 5 minutes.
2. Add the lentils and stock. Bring to a boil, then reduce the heat and simmer uncovered until the lentils are soft, 10 minutes. Fold in the chard and cook until wilted, but still vibrant, 5 more minutes. Taste for seasoning.
3. Serve the soup in bowls with a wedge of lemon on the side or a dollop of Greek yogurt and some crusty bread.

Root Vegetable Tagine with Kale

Prep Time: 10 minutes

Total Time: 45 minutes

Serving Size: 6-8



Ingredients

- 2 tablespoons olive or coconut oil
- 1 large sweet onion, diced
- 1 medium parsnip, peeled and diced
- 2 large cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 1 teaspoon sea salt
- ¼ teaspoon cayenne pepper
- 3 tablespoons tomato paste
- 2 medium sweet potatoes, peeled and diced
- 2 medium purple potatoes (or sub regular Yukon gold), peeled and diced
- 2 bunches baby carrots, peeled (or sub 2 medium diced carrots)
- 1 quart vegetable stock
- 2 cups roughly chopped kale leaves
- 2 tablespoons lemon juice
- ¼ cup cilantro leaves, roughly chopped
- Pepitas or toasted slivered almonds, for serving (optional)

Instructions

1. In a large stock pot or Dutch oven, heat the oil. Sauté the onion over medium-high heat until soft, 5 minutes. Add the parsnip and cook until beginning to turn golden brown, 3 more minutes. Stir in the garlic, ground cumin, ginger, cinnamon, salt, cayenne, and tomato paste. Cook until very fragrant, 2 minutes. Fold in the sweet potatoes, purple potatoes, and carrots. Cover with vegetable stock and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the vegetables are tender, about 20 minutes.
2. Stir in the kale and lemon juice. Simmer for another 2 minutes, until the leaves are vibrant and slightly

wilted. Garnish with the cilantro and nuts, if using, and serve over quinoa or couscous.

Notes

You can simplify the ingredient list by only choosing a couple types of root vegetable. Most of the other ingredients are pantry staples, so don’t be intimidated!

Anti-Inflammatory Diet Tips From Dr. Andrew Weil

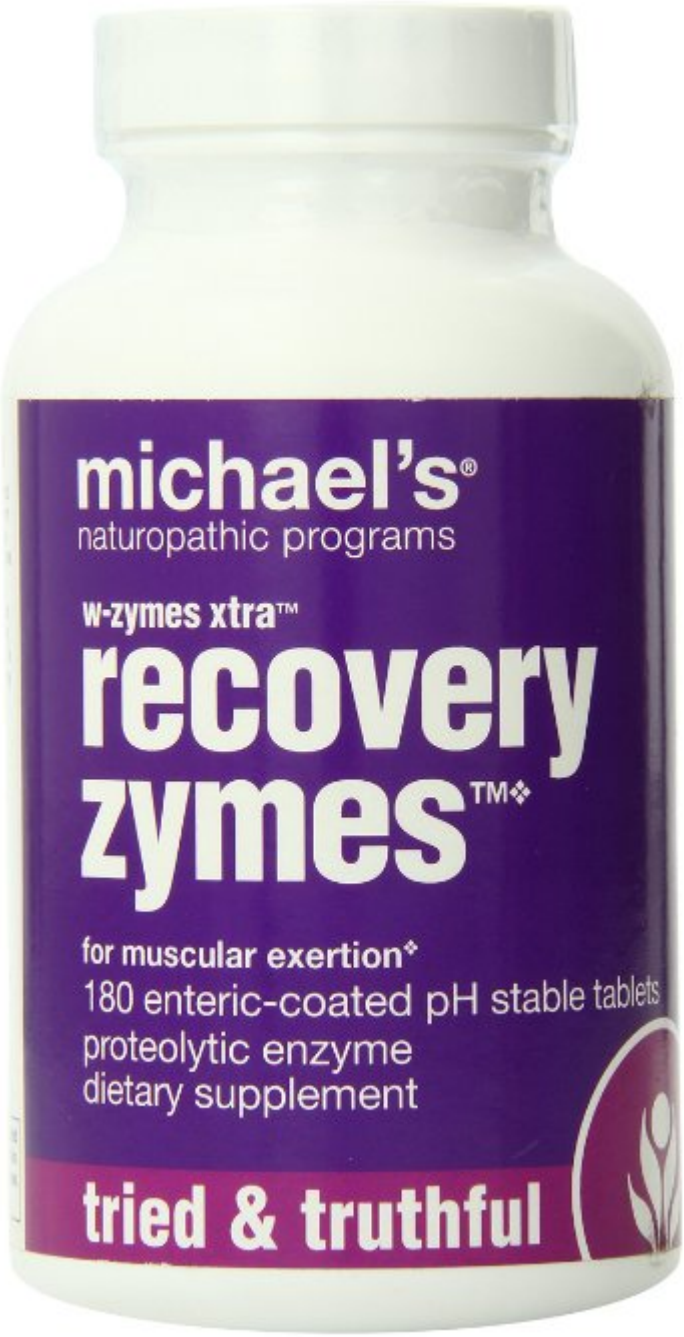
The Perricone Anti Inflammatory Diet

The Inflammatory Response

23 Ways To Get Rid Of Inflammation and Joint Pain – Saturday Strategy

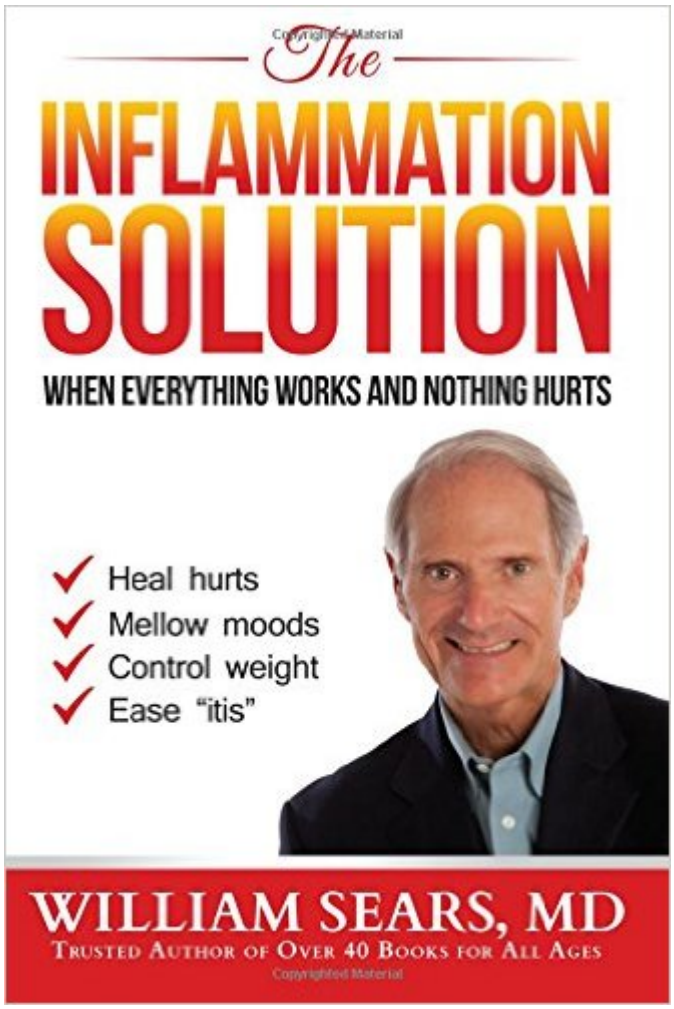
All roads lead to Inflammation with Dr. Barry Sears – Delgado Protocol

David Wolfe on Inflammation


michael's®
naturopathic programs
w-zymes xtra™
recovery zymes™❖
for muscular exertion❖
180 enteric-coated pH stable tablets
proteolytic enzyme
dietary supplement
tried & truthful

Michael’s Naturopathic Programs Xtra Recovery W-Zymes

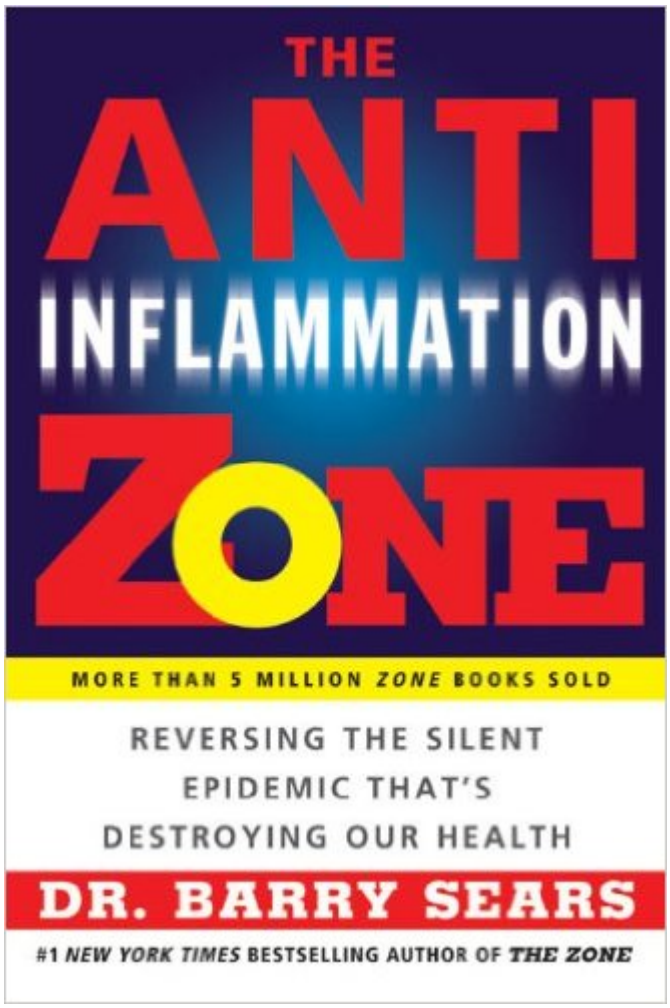
Proteolytic enzyme support formula for muscle excursion, Supports joints and tendons in both athletes and the elderly, Support’s the body’s natural inflammatory response.



The Inflammation Solution: When

Everything Works and Nothing Hurts

What “itis” is in your body? You will find the solution to your inflammation problem in this book. Enjoy not only a trusted-science-made-simple-and-fun-approach, but also sit back and smile. To tackle a confusing medical problem like inflammation, Dr. Sears writes with the intent: “If you laugh, you will learn – and heal.” Join in as you take a trip through the hurtings in your body and learn how to heal them: – Why you hurt, how you heal – Enjoy the six-S anti-inflammatory diet – Help your body make its own medicines – Handle stress – Raise a less-inflamed child – Stay lean, and less inflamed – Eat gut-friendly foods – Ease hip, back and knee pain – Enjoy a smarter and less-inflamed brain – Use more self-help skills and fewer pills

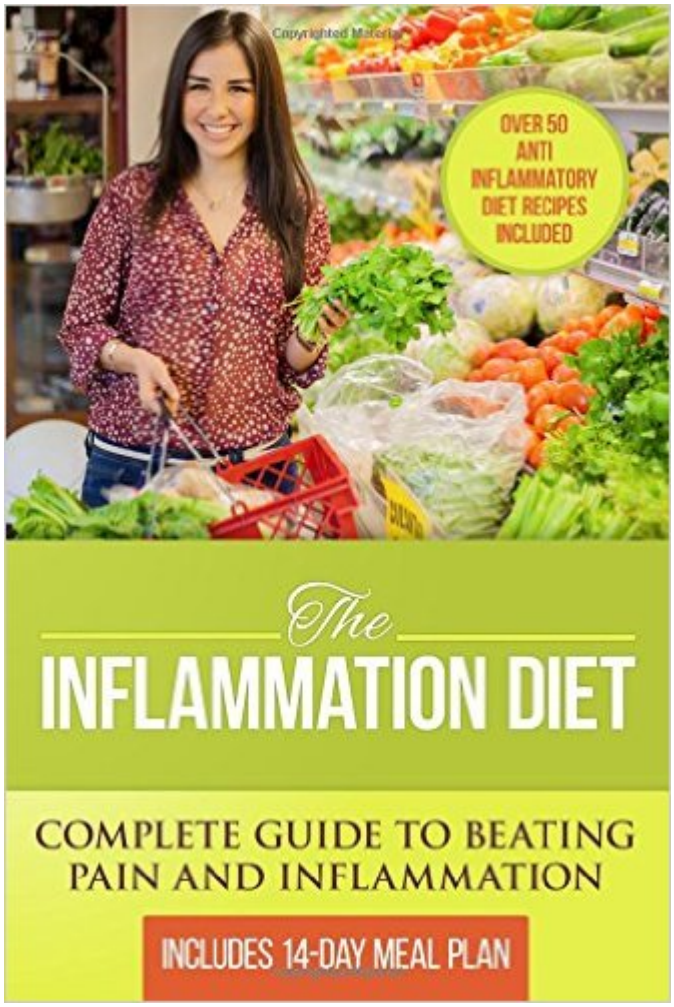


The Anti-Inflammation Zone

What do these devastating illnesses have in common? All three have been linked to silent inflammation, a condition that occurs when the body's natural immune response goes awry. Silent inflammation can continue undetected for years, continually assaulting the heart, arteries, and even the brain – and you will not even know it.

New research confirms that obesity is a primary cause of

silent inflammation. And inflammation is the smoking gun that links excess body fat to today’s epidemic rise in heart disease, cancer, dementia, and countless other health threats. Although the science of this relationship is complex, the bottom line is simple: If not detected and reversed, silent inflammation will devastate generations of Americans and bankrupt an increasingly stressed health care system. The medical establishment appears to be ignorant about this problem, politicians don’t talk about it – and yet virtually everyone in the country is affected by it.



The Inflammation Diet: Complete Guide to Beating Pain and Inflammation with Over 50 Anti-Inflammatory Diet Recipes Included

Inflammation has been called the “silent killer” and it has been linked to a wide variety of illnesses including heart disease, arthritis, diabetes, chronic pain, autoimmune disorders, and cancer. Often, the root of chronic inflammation is in the foods we eat. The Inflammation Diet: Complete Guide to Beating Pain and Inflammation will show you how, by making simple changes to your diet, you can greatly reduce inflammation in your body and reduce your symptoms and lower your risk of chronic disease. The book includes a complete plan for eliminating inflammation and implementing an anti-inflammatory diet: • Overview of inflammation and the body’s immune response – what can trigger it and why chronic inflammation is harmful • The link between diet and inflammation • Inflammatory foods to avoid • Anti-inflammatory foods to add to your diet to beat pain and inflammation • Over 50 delicious inflammation diet recipes • A 14-day meal plan Take charge of your health and implement the inflammation diet to lose weight, slow the aging process, eliminate chronic pain, and reduce the likelihood and symptoms of chronic disease.