

NATURAL INFLAMMATORY SUPPORT

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MOVEMENTWISE
JULY 2014 ARTICLE

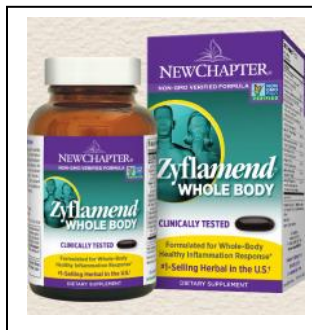
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Natural Anti-Inflammatories?

Here's the rub: Inflammation is the body's natural response to injury which facilitates healing. Collagen, elastin, fibrin; the building blocks of connective tissue, are brought by the blood to the injured area as well as macrophages which "eat" damaged tissue. Fresh blood must reach the area and old blood and waste be removed. However chronic inflammation is not desired.

Traditional non-steroidal anti-inflammatories stop the inflammation and make us feel better quickly but at the expense of full tissue repair. They also have a negative impact on the kidneys and digestive system if taken more than 2-4 weeks. What is the alternative? I recommend these two products: Zyflamend and Traumeel homeopathic oral drops.

Zyflamend Whole Body contains: Green Tea, Holy Basil, Turmeric, Rosemary, Skullcap, Chinese Golden thread and Barberry, Chinese Knotweed, Ginger, Oregano, Feverfew.



Minimum 1 capsule 1x a day for pain levels 1-2 out of 10

Maximum 2 capsules 3x a day for pain levels 3 or above

If you have trouble sleeping the **Night Time** formula has no green tea extract. I also suggest **Zyflamend** to reduce inflammation due to cold/flu.



Traumeel Homeopathic Drops contains:

Aconitum napellus, Arnica montana, Belladonna, Bellis perennis, Calendula officinalis, Chamomilla, Echinacea, Hamamelis virginiana, Hypericum Perforatum, Mercurius solubilis, Millefolium, Symphytum Officinale.

For pain levels 3 and above, in addition to **Zyflamend**, take 10 Traumeel drops on your tongue 3x a day,

nothing in your mouth 10 minutes before and after. **Traumeel** also comes in gel or ointment for topical application; however I prefer the drops for severe pain. As pain diminishes you can reduce the frequency and quantity of **Zyflamend** and reduce the frequency of Traumeel drops.

These products can be purchased at your natural food store, or on line through your favorite supplement dealer. Best prices are usually on Amazon.com.

In addition to these inflammatory support products, heat and massage, after the acute phase of injury or strain, will greatly assist in the healing process.

