



Stub a toe or catch a cold and you'll experience inflammation, a process that facilitates healing. Swelling, heat and pain are hallmarks of this immune response, which is designed to subside once an injury heals or an infection passes.

However, chronic inflammation represents a hazard made all the more dangerous by its stealthy, symptomless nature. "Inflammatory conditions can linger for years and sometimes a lifetime," says Nancy Appleton, PhD, nutritionist and author of *Stopping Inflammation* (Square One). Like a smoldering fire, persistent inflammation can flare up and contribute to ailments such as Alzheimer's, cancer, heart disease and respiratory disorders.

"Many times it is difficult to pinpoint the causes of chronic low-grade inflammation," says Appleton. But there are known contributors, including poor diet, stress, food allergies and toxin exposure. Such factors promote the development of *free radicals*, unstable molecules that can damage cells.

A number of natural agents have been found to help dispel inflammation, often by affecting the release of various chemicals produced by the immune system. Many of these agents act as *antioxidants*, substances capable of quenching free radicals and limiting oxidative damage.

Natural

ANTI-INFLAMMATORIES

**LOW-LEVEL INFLAMMATION FOSTERS DISEASE,
BUT THESE NUTRIENTS AND HERBS CAN HELP
DOUSE THIS DANGEROUS FIRE**



HEALTHFUL PROPERTIES

Helps regulate activity of cytokines and neutrophils, immune system components involved in inflammation; aids digestion; eases swelling and pain caused by arthritis, gout and injuries

Most serve as antioxidants and many boost the activity of antioxidant vitamin C; evidence suggests that various flavonoids help protect the heart, ease allergic reactions and reduce muscle soreness

In addition to fighting free radicals, glutathione also helps the liver process toxins such as pollutants; believed to retard arterial plaque formation and inhibit DNA changes that can lead to cancer

Has reduced inflammatory responses in studies; inhibits the enzyme that breaks down collagen, the body's primary structural protein; has been linked to protection against bone loss, cancer, heart disease and other disorders

Potent antioxidant; helps prevent formation of inflammatory compounds, including COX-2; inhibits oxidation of lipoproteins, a key heart-health factor; has fought diabetic nerve damage and cancer-related DNA damage in studies

Antioxidant shown to inhibit inflammatory pathways, including those related to allergies; may reduce rise in post-meal blood sugar levels among people with type 2 diabetes; protects food from microbial contamination

Has been shown to protect the cardiovascular system against inflammatory damage; appears to assist in control of asthma, gout and cataract formation; may speed healing in cases of recurrent heartburn

Has suppressed oxidative stress and inflammation in human studies; cytokine inhibition helps explain resveratrol's ability to support cardiovascular health; inhibits biological processes related to cancer development

Fights abnormal blood clotting, a risk factor for heart attack and stroke; has reduced inflammation in women with breast swelling and pain, and in men with prostate issues; helps ease ear, nose and throat symptoms

Helps modulate the inflammatory response, allowing for greater control over the process; reduces the release of inflammatory substances that destroy joint cartilage

Reduces inflammation through several biological pathways; has modulated the inflammatory response associated with arthritis and ulcerative colitis in studies; has shown anti-cancer properties

Helps regulate inflammation associated with cardiac risk factors; has altered airway inflammation linked to asthma; promotes healthy immunity, skin and hair, and reproductive function; boosts vitamin A's effectiveness

NOTE: Always consult with your healthcare practitioner for help in designing a supplementation program, especially if you have a pre-existing condition.



NUTRIENT/HERB	WHAT IT IS
Bromelain	A protein-digesting enzyme taken from the pineapple plant (<i>Ananas comosus</i>); works best with other pineapple compounds, such as comosain and ananain
Fruit Flavonoids	Compounds found in brightly colored produce, especially red-blue fruits such as açai, bilberry, blueberry, cherry, cranberry, pomegranate, raspberry and strawberry
Glutathione	An antioxidant present in every cell; found in fresh produce and meat; works best with other compounds, such as grape seed extract, NAC and selenium
Green Tea	Leaves from <i>Camellia sinensis</i> , the plant from which all tea is taken; contains antioxidant polyphenols, especially EGCG
Olive Fruit Extract	Contains hydroxytyrosol, a compound responsible for much of extra virgin olive oil's beneficial effect on health
Oregano Extract	Contains compounds found in <i>Origanum vulgare</i> , used commonly in cooking
Quercetin	A phytonutrient found in apples, broccoli, onions and other foods
Resveratrol	A phytonutrient found in grapes and wine, along with peanuts and various berries; supplements taken from Japanese knotweed (<i>Polygonum cuspidatum</i>)
Serrapeptase	An enzyme originally discovered to help silkworms escape their cocoons after metamorphosis
SierraSil	A multi-mineral composite found in the high Sierra Mountains
Turmeric	A spice, <i>Curcuma longa</i> , used in Asian cuisines and traditional medicine practices; curcumin is its most notable phytonutrient
Zinc	An essential trace mineral found in dairy products, meat, nuts, shellfish and other foods; absorption drops as people age

For more natural inflammation fighters, visit www.energytimes.com.