

Fighting Inflammation With Nutrition

DANA WOODS

Today, it seems most people are in a rush and they don't take time to just slow down and take care of themselves. Self care has been brushed off as something that is too difficult to manage. It is typically something people don't change until there is a problem. If making the most of your time is what you're looking for, make time for you. Take the time to pay attention to what you're putting into your body. You will perform as well as the nutrients you put into your body, if you treat yourself like crap, you're going to feel like crap. Simple as that. I don't know about you, but the only place crap belongs is in the toilet or on the garden. Neglecting our nutritional needs often leads to disease and inflammation of the body.

Anyone struggling with an inflammatory condition should try to removing grains, processed foods, alcohol and sugar from their diet, while consuming anti-inflammatory foods — mostly vegetables, nuts, seeds, coconut, **bone broth**, organic meat and raw cultured dairy.

Now, don't panic and don't try to do too much too quickly or you'll burn out before you begin down your path to healthy lifestyle change. Begin by understanding what your body needs, what it craves, and bit by bit add those foods and/or supplements into your nutritional arsenal.

Eat [high-antioxidant foods](#) like fresh fruits and vegetables, especially leafy greens and other brightly colored veggies or berries. They are the best sources of antioxidants and many other key nutrients. They help control free radical damage and inflammation, lower risk for nutrient deficiencies, and can protect you from complications related to inflammatory diseases.

As we age, bone and joint health are always important. Consider making [bone broth](#), it naturally contains the amino acids proline and glycine, which can help repair a "leaky gut" and enhance immune function. Your gut/digestive health is highly tied to overall immune functioning; in fact, around 70 percent or more of your immune system lives in

your gut! Foods that help replenish your gut with healthy bacteria and also rebuild the lining of your GI tract control inflammation and allergies along with the many symptoms they can trigger. Organic beef bone broth, along with the introduction of Sarrapeptase and vitamin A. Just be sure that the vitamin A is beta - carotene and not derived from animal bi products. Combined with the CO, this should help with the bone and cartilage problems, the larger the beef bones the better.

I cannot stress the importance of [probiotic-rich foods](#). Research published in the Journal of Applied Microbiology shows that probiotics can help reduce infectious disease progression and symptoms. Probiotic foods include kefir, amasai and yogurt (ideally raw goat's milk yogurt, which is one of the highest sources of probiotics). Fermented vegetables like **sauerkraut**, kimchi and kvass can be beneficial and should be added to your diet regularly. To truly kill off the bad bacteria we must overcrowd it with "good bacteria" (also known as probiotics). Probiotics help good bacteria to grow and flourish in the GI tract, which has a huge impact on your overall immunity and health. In addition to consuming probiotic-rich foods, *consider supplementing with probiotics that have at least 8 strains and 50 billion units daily. I believe this is the most important factor in destroying Lyme and dealing with most inflammatory diseases.* The majority of our [immune system](#) and most of our [neurotransmitters](#) (serotonin and dopamine) are produced in our gut. If your gut is sick, you are sick - emotionally, physically and mentally.

Oh how we are lacking in vitamins and nutrients, our bodies are starving for proper nutrition. You should try and get as many nutrients from your foods as possible; however, you may need additional help and you should also consider the following supplements to improve cellular function:

[Vitamin D](#): Vitamin D3 naturally boosts immunity and plays a role in regulating inflammation. Supplement with around 5,000 IU daily, especially if you're vitamin D deficient, live in the northern region of the world and don't get much direct sunlight exposure (the best way for your body to make its own vitamin D). ******LOOK INTO VITAMIN K2 TO HELP WITH D3 ABSORPTION....BUT DON'T OVER DO K.**

CoQ10: CoQ10 can help protect your brain and nervous system from degradation and inflammation, while also lowering symptoms like joint pain and aches. It's commonly used by patients with ongoing fatigue and autoimmune disorder symptoms, including those with fibromyalgia. (9) Most physicians recommend taking 200 milligrams twice daily.

Medicinal mushrooms: Studies show that medicinal mushrooms (this includes cordyceps, reishi and maitake mushrooms) promote an adaptive immune system which helps control autoimmune reactions. These can be found in various supplement forms and have been proven to reduce reactions to inflammation and stress. Medicinal mushrooms boost an intracellular antioxidant called superoxide dismutase (SOD) that protects your cells. They can also increase functions of natural killer cells that can kill off bad bacteria.

B-Complex: B vitamins support many metabolic and cellular functions, plus they help fight infections and improve neurological health. Vitamin B-6 is especially important for Lyme patients, or just about anyone dealing with the effects of stress or fatigue.

Omega-3 fatty acids: These fatty acids are highly anti-inflammatory and support neurological/cognitive functions. In addition to consuming food sources of omega-3s (for example, wild-caught fish and nuts and seeds), consider supplementing with 1,000 milligrams of fish oil daily, specifically one that contains astaxanthin which boosts absorption.

Magnesium: Magnesium is an electrolyte with hundreds of roles in the body, from supporting nerve signaling to reducing muscle aches. Many people are magnesium deficient, and those with Lyme disease can't afford to run low since stress and illness only increases the body's need for more.

Turmeric: Turmeric is a natural anti-inflammatory that can help reduce joint pain, headaches, and damage to blood vessels or nerves. *****If you are using [cannabis oil](#)**

you need to space the dosing 2 hours apart from turmeric as they occupy the same receptors.

Many of us have a buildup of parasites, toxins and heavy metals in our bodies from years of wear and tear, vaccinations and through environmental exposures. With this in mind, it would be beneficial to consider taking [activated charcoal](#) to clean your temple. [Wormwood](#), [black walnut](#), [oregano](#), [diatomaceous earth](#) and [grapefruit extract](#) also kill parasites. You may choose to utilize bentonite clay to clean out any toxins or heavy metals built up in your body. **Bentonite clay** can also be beneficial and works in a similar way to bind to things like chemicals and heavy metals. However, make sure to take these two supplements (bentonite clay and activated charcoal) on an empty stomach because they can also bind to essential minerals you need.

I can't say enough about keeping stress levels low. Symptoms of chronic stress include irritability, anxiety, depression, stomach issues, inflammation, headaches or insomnia. There is a never ending list of the negative effects of chronic stress. Chronic stress is a factor in some behaviors like overeating or not eating enough, alcohol or drug abuse, or social withdrawal. All of which are bad for us.

When you are under stress, your liver produces extra blood sugar (glucose) to give you more energy. The unused blood sugar is then reabsorbed by the body. If you're under chronic stress, your body may not be able to keep up with this surge of extra glucose, and you may be at an increased risk of developing type 2 diabetes among other health issues.

The rush of hormones, rapid breathing, and increased heart rate can upset your digestive system. You're more likely to have heartburn or acid reflux. While stress doesn't cause ulcers — a bacterium called *H. pylori* does — it may cause existing ulcers to act up. You might experience nausea, vomiting, or a stomachache. Stress can affect the way food moves through your body, leading to diarrhea or constipation.

If you don't do mindfulness or medication, please look at this beginning guide:

https://drive.google.com/open?id=17FGgdU1RGhjjlrrV7As4BDMnxOYO_M5UCwlouup5H4w

Consider supplementing with [adaptogenic herbs](#) such as [ashwagandha](#) which can naturally reduce the effects of stress and help balance cortisol levels. It is very beneficial in helping the brain. Adaptogens are herbs, which must be completely safe and non-toxic, it must have broad uses for health, and it must specifically reduce stress, both mental and physical. To put it simply: Adaptogens help you adapt. The following herbs (in alphabetical order) demonstrate significant adaptogenic activity:

- **Ashwagandha:** Of all the medicinal plants used in India's several millennia old tradition of Ayurveda, Ashwagandha, *Withania somnifera*, is the most highly prized.
- **Eleuthero:** Employed in Traditional Chinese Medicine to invigorate sexual function, boost vital energy and normalize overall body functions, Eleuthero is classified as an adaptogen, enhancing immunity and vitality overall.
- **Holy Basil:** Holy Basil functions as an adaptogen, enhancing the body's natural response to physical and emotional stress. Adaptogenic herbs do not alter mood, but rather, they help the body function optimally during times of stress.
- **Maca:** Maca has been dubbed "Peruvian ginseng," though it bears no relation to ginseng. But like ginseng, the root increases strength, energy, stamina, libido and sexual function.
- **Panax Ginseng:** Ginseng is a tonic herb used for rejuvenate and invigorate. It is considered an adaptogen, providing non-specific protection against various mental, physical and environmental forms of stress.
- **Rhodiola Rosea:** A well studied adaptogen, Rhodiola defends the body overall, and protects general health and well-being. Its anti-stress and fatigue-fighting properties make it one of the most popular botanicals in all of Siberia.
- **Schisandra:** Schisandra is a potent general tonic, decreasing fatigue, enhancing physical performance, and promoting endurance. The berry counters stress by reducing the levels of stress hormones in the blood.

Adaptogens greatly improve your body's ability to adapt to stress, whether it's a hectic schedule, heat or cold, noise, high altitudes or any number of other stressors.

DEALING WITH ANXIETY AND STRESS NATURALLY: HERBS & OILS

<https://docs.google.com/document/d/1PQS4A7hLHrXVFjMtiAdeEjoRrE0dEBa1u8b9QKWT3wU/edit?usp=sharing>

*****MAKE SURE YOUR OILS ARE 100% PURE AND ARE THERAPEUTIC OR FOOD GRADE BEFORE PUTTING THEM ON YOUR SKIN OR INGESTING THEM!**

Clove Oil: This oil exhibits a very high antimicrobial activity that defeats many types of microbes. It is famous for topical application to counter toothaches.

Used in low doses, it can be used to treat inflammatory disease both safely and effectively. It can be applied topically on the skin or taken orally as directed by a medical professional. If your skin is sensitive, you can dilute the oil by mixing it with a carrier oil (such as coconut oil).

- **Frankincense Oil:** This oil is popular for its amazing effects as an antiseptic, muscle relaxant, immune stimulant and anti-inflammatory agent. It can be used both topically and orally. The recommended dosage for inflammatory disease is 2 drops of Frankincense taken orally two times a day. It is also recommended to take it inside of a vegetable capsule.
- **Oregano Oil:** This oil is a very effective anti-microbial. The recommended dosage to treat inflammatory disease is topically. Mix 2 drops of this oil with coconut oil and applied on the bottom of your feet on a daily basis. It can also be combined with other oils and taken orally or applied topically. Oregano oil can be a very potent and spicy oil so be sure to dilute it with coconut oil when applying it on your skin.
- **Cinnamon Oil:** Cinnamon leaf oil and bark oil are both used in the treatment of inflammatory disease. The oil is a powerful antimicrobial with antiviral, antifungal, and antibacterial characteristics. It is also an anti-inflammatory which is

absolutely essential in healing as it inhibits the growth of free radicals through oxygenation. The oil can be applied topically on the skin. This is another oil that can be very potent so dilution is highly recommended.

- **Rosemary Oil:** This strong anti-infection and antiseptic can stop the progression of inflammatory disease while also relieving the symptoms pertinent such as pain. Rosemary is made of compounds that are powerful antioxidants. The oil seeps in and reduces any swelling, pain, and congestion in the lymphatic system. A combination of Rosemary, Sage oil, and Oregano oil taken in 5 drops per day can also be used in the treatment of Lyme Disease. Put the drops inside of an empty vegetable capsule to intake orally.
- **Lemon Oil:** Armed with both antiseptic properties and immunity boosting power, lemon essential oil is ideal for mitigating the symptoms of inflammatory disease. It is used for so many reasons thus can counter most of Lyme's many symptoms. It is mostly used orally as instructed or can also be applied topically.

CANNABIS OIL AND INFLAMMATION

Cannabis oil with THC and more specifically CBD, has been shown to have incredibly positive results in treating Lyme and inflammatory disease. In fact, there really isn't anything cannabis oil can't treat. We were pre-wired for our bodies to accept cannabis, as we have an endocannabinoid system (EC) as do many animals.

"This system, an integral part of our physiologies, was discovered in the mid-1990s by Israeli researcher [Dr. Raphael Mechoulam](#) who also identified THC as the main active ingredient in cannabis in the early 1960s. Israel has been one of the most progressive nations for cannabis research and currently has one of the most advanced medical marijuana programs in the world. They are international leaders in advanced greenhouse technology, routinely producing flowers with 20 percent or greater THC. Dr. Mechoulam world-changing [research](#) discovered two main receptors, cannabinoid 1 (CB1) and cannabinoid 2 (CB2), that are keyed to both the endocannabinoids that our body naturally produces and phytocannabinoids (plant-based) like THC and CBD. Our

bodies actually produce the ECs similar to how our body produces narcotic-like endorphins.”

The fact is, you should be ingesting cannabis oil on a daily basis, just as you would take a daily multivitamin. There is plenty of help available, you just need to ask.

CANNABIS STUDIES & INFORMATION

[Studies on CBD and Inflammation - Project CBD](#)

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&cad=rja&uact=8&ved=0ahUKEwjO67nG6sPOAhVPyGMKHetaBhQQFggcMAI&url=https%3A%2F%2Fwww.projectcbd.org%2Finflammation&usg=AFQjCNERN9moWvNDrpkA9YnLGKykDTG79Q&sig2=OmArRT4-HqyO_F8a9xJTrA

[Inflammation Marijuana Benefits | Medical Marijuana Inc.](#)

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[Why Cannabis Stems Inflammation - Kind Green Buds](#)

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[Cannabidiol \(CBD\): Fighting Inflammation & Cancers - Medical Jane](#)

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[Cannabis 101: THC & CBD | Chronic Relief | What is Medical ...](#)

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[Controversial Cannabis Oil: Treat Stress, Pain & Even Cancer - Dr. Axe](#)

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&cad=rja&uact=8&ved=0ahUKEwjO67nG6sPOAhVPyGMKHetaBhQQFghGMAc&url=https%3A%2F%2Fdraxe.com%2Fcannabis-oil%2F&usg=AFQjCNHZiyxiJM6h2TnaspyLXFT7Y9OgGw&sig2=TNMTBKUBWNK8i9by-33FYw>

[Guide to using medical cannabis - Americans for Safe Access](#)

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[5 Must-Know Facts About Cannabidiol \(CBD\) - Leaf Science](#)

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RESOURCES

<http://modernsurvivalblog.com/health/high-orac-value-antioxidant-foods-top-100/>

<http://www.eatyourbeets.com/recipes/how-to-make-your-own-healing-bone-broth/>

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=12&cad=rja&uact=8&ved=0ahUKEwilyLX-5sPOAhUDKWMKHSJNByQQFghPMAs&url=https%3A%2F%2Fauthoritynutrition.com%2F11-super-healthy-probiotic-foods%2F&usg=AFQjCNG37szzO8nweoicx0SiDA8K3L3Ozw&sig2=7iBTf-hgcd4phqSH9vYPgQ>

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[om%2Fdiet-nutrition%2Fcoq10-miracle-vitamin-or-waste-of-money.aspx&usg=AFQjCNF6Qs7omL3FNbpy0wKn8ILT7zAV3Q&sig2=TZDKIYz6UVCS8UZ6Ur_jcg](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&cad=rja&uact=8&ved=0ahUKEwjMjsGK6MPOAhUQ1mMKHZ-BDHUQFggIMAI&url=http%3A%2F%2Fdailyburn.com%2Flife%2Fhealth%2Fbenefits-vitamin-b-complex%2F&usg=AFQjCNEgrHY79FPbi-siQQNcfHZMLOCS6A&sig2=wPtFbFEHcObF2-uwOTkuJQ)

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