



Inflammation/pain



Inflammation refers to your body's process of fighting against things that harm it like infections, injuries, and toxins, to heal itself. When something damages your cells, your body releases chemicals that trigger a response from your immune system. **Inflammation** occurs when damaged cells release chemicals including:

- 🌱 Histamine
- 🌱 bradykinin
- 🌱 prostaglandins

These chemicals cause blood vessels to leak fluid into the tissues, causing swelling.

Based on visual observation, there are **5 signs of inflammation**, namely REDNESS (caused by the dilation of small blood vessels around injury), SWELLING, HEAT, PAIN, AND LOSS OF FUNCTION.

1. ACUTE INFLAMMATION: allergic reaction, chemical irritants, infection, trauma, injury, burns, laceration, cuts, wounds, and frostbite.

What to do/not to do: Heat might stimulate inflammation rather than relieve it. Heat treatments should be used for chronic conditions to help relax and loosen tissues and stimulate blood flow to the area. Ice shuts down swelling, inflammation, and pain. This is more for injuries and not chronic pain. Ice limits blood supply but also limits the arrival of immune cells and thus interferes with core parts of healing.

Inflammation because of an injury peaks within 1 – 3 days and can last for weeks. This is entirely normal and a natural part of your body's tissue healing process. The R.I.C.E.R METHOD. (Rest, ice, compression, elevation, referral) is an effective procedure to treat injuries.

2. INFLAMMATION due to infection: Infection refers to the invasion and multiplication of bacteria or viruses within the body. Inflammation is the body's protective response against infection.

3. CHRONIC INFLAMMATION: is when your body continues sending inflammatory signals even when there is no outside danger. For example, in rheumatoid arthritis, inflammatory cells and substances attack joint tissues leading to an inflammation that comes and goes and can cause severe damage to joints with pain and deformities. Auto immune disorders involve your immune system mistakenly attacking healthy tissue.

INFLAMMATORY CHEMICALS CAN BUILD UP IN YOUR JOINTS AT NIGHT OR WHEN YOU SIT STILL TOO LONG, CAUSING MORE PAIN AND STIFFNESS.

CHRONIC INFLAMMATION includes the following:

- 🌿 **Cardiovascular disease:** Atherosclerosis, Stroke, Heart failure, Cerebrovascular disease, Hypertension
- 🌿 **Neurological disease:** Parkinson's disease, Alzheimer's, Epilepsy, Dementia, Depression, Multiple Sclerosis.
- 🌿 **Metabolic diseases:** Type II Diabetes, Fatty liver disease, Renal Failure, Sleep Apnea, Heart Disease
- 🌿 **Bone and joint disease:** Osteoarthritis, Rheumatoid Arthritis, Muscular dystrophy, Osteopenia, Osteoporosis
- 🌿 **Cancer**
- 🌿 **Chronic fatigue syndrome**
- 🌿 **Chronic inflammatory disease:** Inflammatory bowel disease, Rheumatoid arthritis, Psoriasis, Chronic Pancreatitis
- 🌿 **Pancreatitis-Pulmonary disease:** Asthma, Hay Fever, Bronchitis, Chronic obstructive pulmonary disease like emphysema
- 🌿 **Autoimmune disorders:** Crohn's Disease, Colitis, Lupus, Multiple Sclerosis, Type1 diabetes
- 🌿 **Diabetic Complications:** Cardiomyopathy (disease of the heart muscle), Atherosclerosis (buildup of plaque in the walls of arteries causing obstruction of blood flow), Chronic renal failure, Retinopathy, Sepsis, Neuropathy

SOO.... WHAT TO DO AND NOT TO DO!!!

- 🌿 **Stop poisoning yourself** with refined foods, saturated oils, alcohol, processed meats, cold drink, and sugar.
- 🌿 Choose a **diet** that cuts out processed products and boosts your intake of whole and nutrient-rich foods.
- 🌿 Best anti-inflammatory **foods** are Berries, Fatty fish (sardines), BROCCOLI, Avocados, Green tea, bell and chilli peppers, Mushrooms, Grapes, Extra virgin olive oil (COLD), Dark chocolate and cacao.
- 🌿 **EXERCISE!** It can decrease inflammation markers and your risk of chronic disease.
- 🌿 Drink **water!** Stay hydrated.
- 🌿 **SLEEP:** Is extremely important! A poor night's sleep increases inflammation.
- 🌿 Stress, anxiety, parasites, and fungi make your body acidic. An **acid body** is a foundation for inflammation and your biggest challenge.

The fastest way to reset your body is to do a **FAST**. A 2013 study concluded that fasting for more than 24 hours may lower inflammation by reducing oxidative stress in cells.

An easier way is to drink lots of water and **be hydrated**. Your joints will move more freely and easily. Get moving and keep moving. Two warm glasses of water first thing in the morning does wonders!

Our product suggestions:

- 🌿 OMEGA 3: specifically, 1000mg EPA is needed to make anti-inflammatory prostaglandins). Collagen
- 🌿 Life tones ACID CLEAR / Base alkalizing salts
- 🌿 MSM
- 🌿 Pro biotics
- 🌿 Quercetin and Bromelain, natural anti histamines

HERBS: Curcumin (Turmeric), Devils claw, Ginger, Garlic, Black pepper, green tea, Rosemary, and Cinnamon.

Guilt always seeks punishment (PAIN). When you are hurt or angry you need to forgive. When there is guilt, you need to forgive yourself.

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