

# Useful Herbs and Supplements to Fight Inflammation

*Written by Glenda Green*

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Although they are not a long-term solution, the herbs that follow are useful for treating the symptoms of inflammation and relieving pain while you work at implementing the lifestyle changes above:

- **Boswellia:** Also known as boswellin or "Indian frankincense," this herb contains specific active anti-inflammatory ingredients, referred to as boswellic acids that animal studies have shown significantly reduce inflammation. This is one of my personal favorites as I have seen it work well with rheumatoid arthritis patients
- **Bromelain:** This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form, but eating fresh pineapple may also be helpful.
- **Ginger:** This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice. Powder capsules are also available, but I recommend using the fresh root.
- **Resveratrol:** Resveratrol is a potent antioxidant found in certain fruits, vegetables and cocoa that is emerging as a modern-day fountain of youth. It works by preventing your body from creating sphingosine kinase and phospholipase D -- two molecules known to trigger inflammation. The science surrounding this compound is so compelling that it has become one of my all-time favorite antioxidants, and I believe one that shows real promise of health benefits.
- **Evening Primrose, Black Currant and Borage Oils:** These contain the essential fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain. It is reasonable for many to take these as a supplement, particularly if you struggle with dry skin in the winter, as this is a strong indicator that you are deficient in these fats.
- **Turmeric, Tulsi and Rosemary:** The transcription protein Nuclear Factor-kappa Beta (NfKB) is a major inducer of inflammation, and these three herbs are capable of modulating NfKB.



## Youthful ageing (not a contradiction)



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Cutting-edge research is revealing the power of a “master antioxidant” – a tripeptide molecule called glutathione (GSH).

People with the highest levels of GSH are the ones who routinely live past 100. Plus, it may prevent a host of chronic diseases like arthritis, high blood pressure, heart disease, cancer and diabetes – just to name a few.

Best of all, boosting your levels of GSH is easy. Today, I’ll give you an effective strategy that may add decades to your life. I’ll tell you exactly how to get the most powerful forms of GSH and how much to take.

When scientists at the University of Louisville gave mosquitoes a GSH booster, their levels went up by 50 to 100 percent. And, their life spans increased by a remarkable 30 to 38 percent.<sup>1</sup>

Doctors at the Montreal General Hospital Research Institute in Canada then repeated the experiment with mice. They were able to duplicate the results – boosting levels of GSH and increasing life spans.<sup>2</sup>

Their success prompted others to investigate the effects of GSH in humans. Odense University in Denmark compared levels of GSH in centenarians (age 100 to 105) and people age 60 to 79 and found that GSH was higher in the centenarians. And among the centenarian group, those who were the most active had the very highest levels.<sup>3</sup>

In the same way that high levels of GSH increase life spans, low levels of GSH show a direct link to chronic degenerative diseases. Here’s just a partial list:

- Heart Disease
- Cataracts
- Arthritis
- Renal Failure
- High Blood Pressure
- Leukemia
- Diabetes
- Hearing Loss
- Cancer
- Obstructive Lung Disease (COPD)

- **Macular Degeneration**

And high levels of GSH are associated with fewer illnesses. A University of Michigan study found that those with higher GSH levels reported a greater sense of well being along with lower blood pressure, lower cholesterol and reduced body fat.<sup>4</sup>

The most natural way to get more GSH is eating foods high in glutathione. These include horseradish, broccoli, cauliflower, cabbage, kale and Brussels sprouts.

These nutritional supplements will also boost your GSH:

- **Alpha Lipoic Acid (ALA)**
- **Melatonin**
- **Bilberry**
- **Grape Seed Extract**
- **Turmeric**

There are also two reliable GSH precursors – substances that stimulate the production of GSH. These are whey protein<sup>5</sup>, commonly found in protein powders and N-acetyl cysteine<sup>6</sup> (in a dose of 1,800 mg to 2,400 mg a day) – both are available at your local nutrition and/or health food stores.

Finally, you can take GSH supplements (1 to 2 grams per day). The latest reports show that up to 80 percent of most GSH supplements are absorbed and used by your body.

For best results, I recommend using a combination of all four ways to boost GSH.



## **Vitamin K for Your Arteries and Bones**



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For years, vitamin K has been the neglected stepchild in the world of nutrition, while vitamins C, D, E, beta-carotene, and others grabbed all the attention. Groundbreaking research, however, is finally propelling vitamin K into the limelight.

This is long overdue because of vitamin K's critical health benefits. Because most of us don't get enough vitamin K in our diets, we all should sit up and take notice.

Vitamin K's specific function wasn't understood until the 1970s. We now know that it helps orchestrate the movement of calcium in the body. This vitamin not only plays a

**critical role in getting calcium from our bloodstream into our bones, but it is also involved in the health of your arteries and other tissues. Herein lies the calcium paradox: you need calcium in your bones, but you want it to stay out of your soft tissues and arteries.**

**If you listen again to David Wolfe's video presentation you will see that he believes, and has significant information to support, that calcium in the soft tissue is one of our major contributors to long-term chronic disease and premature aging.**

**Some researchers suggest that a high calcium intake is the problem. But the real issue is not getting enough vitamin K to shuttle the calcium into your bones where it belongs. So it seems obvious that we should all increase our daily intake of foods rich in vitamin K—but it's not that simple. There's more to the vitamin K story.**

**There are two types of natural vitamin K—K1, found primarily in leafy greens, and K2, most abundant in fatty meat, egg yolks, and fermented products such as cheese, sauerkraut, and natto (by far the richest source). Unfortunately, vitamin K1 is poorly absorbed. And you don't want to go overboard on the K2-rich foods that also contain a lot of saturated fat. Furthermore, K1 is more involved in blood clotting, while K2 is more protective of the bones and soft tissues.**

**So, how do you increase your levels of K2? Most commonly with natural supplements. But here again, you need to take the right type.**

**Vitamin K2 has several subtypes, including MK-4 and MK-7. The one to look for is MK-7. The "7" indicates that there are seven side chains attached to the main molecule. The more side chains, the longer it stays in your system, allowing more time to shuttle calcium out of your arteries and into your bones. A lot of supplements use the MK-4 form of K2, and that's better than nothing. However, as more is known about this valuable nutrient, there will be more and more brands claiming MK-7, which is really not much more expensive, and costs about 30 cents a day.**

**I guarantee you'll be hearing much more about vitamin K in the future. As you can see, I'm very enthusiastic about this safe, natural way of getting calcium to your bones. I've made it part of my daily supplement regimen, and I urge you to consider doing the same.**