

Inflammation

Recently, I was asked by three people for information about what they could do to address their most recent health concerns; physical stress injury, alcohol recovery & stress, and follow up after Lyme disease. Since two of the people do not live here, I wanted to send a few ideas that they could easily do at home to add to their regimen.

Even though each person is very different, the common thread is inflammation. For humans, inflammation is the root of all evil and can lead to more serious conditions such as heart disease, cancer, asthma, arthritis and any other health concern that we can think of. To help prevent this, repair must occur deeply, at the cellular level, with one of the most important aspects being proper pH. When the system is acidic, inflammation increases. When the system is neutral or slightly alkaline, systemic inflammation decreases. There are foods that help the body maintain a more neutral to slightly alkaline pH:

- a few of the foods on the list are taken from 'Healing with Whole Foods' by Paul Pitchford

Fermented Foods: Fermented Apple Cider Vinegar, Sauerkraut, Kimchi, Yogurt

Foods high in Omega 3 Fatty Acids: Krill Oil, Fish Oil, Flax Seed Oil, Chia, Pumpkin seeds, Walnuts, Cold Water Fish, (sardine, salmon, trout) Raw Honey, Bee Pollen, Chlorella and Leafy Green Vegetables

Omega 3, 6, 7 & 9 Fatty Acids and high Vitamin C: Sea Buckthorn Berry Oil

Two easy practices that reduce inflammation by gently detoxifying the system and by getting the blood and lymph moving:

1) Castor Oil (stay with me, not for internal ingestion!): Do NOT use during pregnancy

Purchase a "castor oil pack" at a health food store, or...

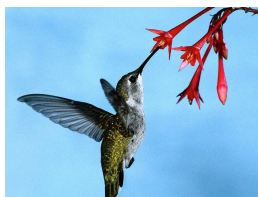
Rub a quarter sized dollop of castor oil clockwise around the umbilicus, making wider circles until reaching below the rib cage and above the pubic bone. To protect your clothing from stains, cover the area with an old pillow case, tea towel, etc., then place a heating pad, hot water bottle, or heat a damp towel in the microwave, and place over the abdomen. Rest for 20 to 30 minutes. It is very relaxing right before bed.

* Castor Oil and Chlorella work very well to guide out systemic toxicity and stagnant accumulations in the digestive system slowly and gently.

2) End showers with cold water: closes the pores, (which seals the wei qi, as we say in Chinese medicine, thereby supporting the immune system) and forces your body to warm itself and circulate blood. Important: focus the cold water in the areas heavy with lymph nodes; neck, armpits and groin

As always, please feel free to call with any questions!

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