

Natural Anti-Inflammatories

The pineapple has natural anti-inflammation enzymes such as Bromelain. It is richest in the inner core which most people throw away. Papaya also has strong anti-inflammation enzymes.

Make a Pineapple and Papaya smoothie using the pineapple core.



My other top eleven anti-inflammation foods are :

1. Kelp



- **Anti-inflammatory Agent:** Kelp such as kombu contains fucoidan, a type of complex carbohydrate that is anti-inflammatory, anti-tumor and anti-oxidative. A few studies on fucoidan in recent years have found promising results in using the brown algae extract to control liver and lung cancer and to promote collagen synthesis. The high fiber content of kelp also helps to induce fullness, slow fat

absorption and promote weight loss. But whenever possible, get only organic kelps harvested from unpolluted sea.

Sidekicks: Need another good reason to re-visit your favorite Japanese restaurants? Besides kombu, wakame and arame are also good sources of fucoidan. A marine vegetable native to the Tongan Islands called limu moui is also a fucoidan powerhouse.

Arch-Enemy: Seaweed snack. Go easy on seaweed snacks as they can be heavily salted and coated with a thick layer of vegetable oil. Check the ingredients list before buying.

2. Wild Alaskan Salmon



- **Anti-inflammatory Agent:** Salmon is an excellent source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two potent omega-3 fatty acids that douse inflammation. The benefits of omega-3 have been backed by numerous studies and they range from preventing heart disease and some cancers to reducing symptoms of autoimmune diseases and psychological disorders. Be sure to include some oily fish such as wild Alaskan salmon in your diet twice a week. If fish is not your type of food, you can also get omega-3 fatty acids from [high-quality fish oil supplements](#).

Sidekicks: Anchovies, mackerel and sardines are also rich sources of omega-3 fats. Flaxseeds and walnuts also supply omega-3 fats called ALA (alpha-linolenic acid) which can be converted into EPA and DHA inside the body. But the conversion has been found to be low, and hence they may not be reliable sources of EPA and DHA.

Arch-Enemies: Polyunsaturated vegetable oils. You may be surprised to see polyunsaturated oil (like those from safflower, soybean, corn and sunflower) listed here, but

polyunsaturated fats have been found to be unstable and easily damaged by oxygen. High consumption of omega-6 fatty acids, present in higher amount in polyunsaturated oil, have also been linked to inflammatory response in the body, leading to heart disease and cancer. While omega-6 is important to health, the key is to balance your omega-6 and omega-3 intake so that you don't end up becoming a factory for pro-inflammatory compounds.

3. Turmeric



- **Anti-inflammatory Agent:** This Asian spice commonly found in pre-mixed curry powder contains a powerful, non-toxic compound called curcumin. Studies found that turmeric's anti-inflammatory effects are on a par with potent drugs such as hydrocortisone and Motrin, but yet having none of their side effects.

Sidekicks: Ginger. This relative of turmeric is also highly prized around the world for its anti-inflammatory benefits, and are used to expel cold and relieve motion sickness and vomiting.

Arch-Enemy: Sugar. It can hardly be called a spice, but the widespread use of sugar rivals that of any spice and has led to a host of illnesses linked to this additive condiment. A diet high in sugar is decidedly inflammation-promoting and should be controlled.

4. Shiitake Mushroom



- **Anti-inflammatory Agent:** Enjoyed by the Chinese and the Japanese since ancient times, shiitake mushroom is revered for its immune-boosting properties and its mild smoky taste.

Sidekicks: Maitake, enoki, oyster mushrooms. There is no better way to fight cancer and enhance your health than to feast on a plate of stir-fried medicinal mushrooms.
Yummy!

Arch-Enemy: Deep-fried mushrooms and vegetables. Throwing fresh mushrooms and vegetables into a big pot of boiling oil will not only soak up lots of cancer-causing compounds from the overheated oil, their healing powers will also be greatly diminished by the high temperature.

5. Green Tea



- **Anti-inflammatory Agent:** The flavonoids in green tea are potent natural anti-inflammatory compounds that have been shown in numerous studies to reduce the risk of heart disease and cancer.

Sidekicks: Water. What can be more cleansing for the body than zero contamination water?

Arch-Enemy: Processed cow's milk. Non-organic milk carries antibiotics and growth hormone residues that can irritate immune system when they are consumed long-term. Many people, especially

those in the East, also cannot digest milk properly, causing distress to the digestive tract.

6. Papaya



- **Anti-inflammatory Agent:** Coined by Christopher Columbus as the 'fruit of the angels', papaya contains papain, a protein-digesting enzyme. Together with other nutrients such as vitamin C and E, papain helps to reduce inflammation, and improves digestion and healing from burns.

Sidekicks: Pineapple. A tropical fruit worthy of mention, pineapple contains bromelain, an enzyme that aids in the healing of indigestion, sports injury, trauma and other kinds of swelling. Extracts of bromelain have also proven to be as effective as some non-steroidal anti-inflammatory drugs and are used in a number of natural anti-inflammatory supplements for arthritis.

Arch-Enemy: Preservative-laden fruits. Dried fruits can contain high levels of chemicals such as sulphur dioxide, a preservative which has been linked to increased respiratory disease. Eat fresh fruits whenever possible, but if you must opt for the dried form, make sure it's preservative-free.

7. Blueberry



- ***Anti-inflammatory Agent:*** An antioxidant powerhouse, blueberry is high in phytonutrients that confer anti-inflammatory protection against many diseases such as cancer and dementia.

Sidekicks: Blackberries, cranberries, goji berries, strawberries and raspberries. These berries are comparable alternatives to blueberries and are equally high in antioxidants. So start feasting on one type of berries each week.

Arch-Enemy: Berries with pesticides. Insects and fungi love berries as much as we do. So berries are often sprayed with pesticides to ward off diseases and pests. To make matter worse, it is hard to wash away pesticides from berries due to their size. So it is safer to opt for organic or wild crafted version as much as possible.

8. Extra Virgin Olive Oil



- ***Anti-inflammatory Agent:*** Virgin olive oil is Mediterranean's secret to longevity. Its rich supply of polyphenols protects the heart and blood vessels from inflammation. The monounsaturated fats in olive oil are also turned into anti-inflammatory agents by the body that can lower occurrences of asthma and rheumatoid arthritis.

Sidekicks: Avocado oil. Also known as alligator pear, avocado produces oil that has a fat composition similar to olive oil, containing high heart-beneficial monounsaturated fats. But, it has an even higher smoke point than olive oil, making it the ideal oil for cooking.

Arch-Enemy: Partially hydrogenated vegetable oil. This commercial oil contains trans-fatty acids that lowers the ‘good’ cholesterol and raises the ‘bad’ ones — a shortcut to contracting cardiovascular disease. NO BOILED OIL FOODS

9. Broccoli



- **Anti-inflammatory Agent:** Broccoli is a highly nutritious vegetable that contains anti-inflammatory and anti-cancer phytonutrients such as sulforaphane which helps the body to get rid of potentially carcinogenic compounds.

Sidekicks: Cauliflower. A close relative to broccoli, this cruciferous vegetable also contain similar goodness as broccoli that aids the body’s detoxification.

Arch-Enemies: Nightshades vegetables. Tomatoes, potatoes, eggplants and others are classified as nightshade vegetables, which contain high alkaloid — a substance that may affect the joints, nerve-muscle function and digestion in some individuals. If you are suffering from any of these problems, you may want to try cutting down on the consumption of nightshades vegetables.

10. Sweet Potato



- **Anti-inflammatory Agent:** Sweet potato is often overshadowed by other exotic vegetables and fruits. But it is also a good source of complex carbohydrate, beta-carotene, manganese, vitamin B6 and C as well as dietary fiber. Working in concert, these nutrients are powerful antioxidants that help to heal inflammation in the body.

Sidekicks: Spinach. This dark green leafy vegetable is such a rich source of anti-inflammatory and anti-oxidative flavonoids and carotenoids that it's almost impossible to believe. But it's true. And here's only a partial list: Vitamin A, B2, B6, C, E, K, calcium, folate, iron, magnesium, manganese, potassium and tryptophan. But be sure to buy organic ones whenever possible as it's also among the foods on which pesticide residues have been most frequently found.

Arch-Enemies: Processed potatoes. Although potato is a good source of vitamin C and other minerals, potato chips and french fries aren't. Commercially processed potatoes are usually prepared in overheated polyunsaturated or hydrogenated oils, and are loaded with high amounts of sugar and salt, increasing the risk of heart disease, cancer and diabetes for anyone who munches on them.

11. Sunflower Oil

- **Anti-inflammatory Agent:** cold processed unheated sunflower oil is the richest source of Vitamin E in the world. Perfect for anti-inflammation

Arch-Enemies: no boiled or cooked oil products

12. Berries



- **Anti-inflammatory Agent:** berries are good for most everything and excellent for fighting inflammation.

Arch-Enemies: Nightshades berries. Tomatoes, avoid over using tomatoes.



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Herbs for fighting inflammation

1. Guggul



- Guggul is classically used as a detoxifying herb in Ayurveda. The resin secreted by the guggul tree are found to have **anti-inflammatory and cholesterol-lowering effects comparable to commercial drugs** such as ibuprofen, a type of NSAID, and clofibrate, a drug used for reducing serum cholesterol, in some studies. It may also be useful in relieving pains due to **fibromyalgia and rheumatism**.

Guggul can be found in their raw forms as gums and resins, and in powder, capsules and tablets. As with any other medicinal herb, consult a knowledgeable herbalist or physician before self-medicating.

Note: Guggul has blood-thinning effects and therefore, should not be used together with other medications that reduce platelet aggregation.

2. Boswellia

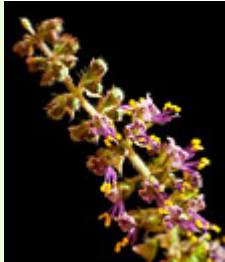


- Also called Indian frankincense or Salai, boswellia is traditionally used to treat **arthritis, respiratory problems and digestive symptoms**. Modern studies have now supported these uses with the identification of active anti-inflammatory compounds in boswellia called boswellic acids. These acids were found to deter the formation of

enzymes that can lead to inflammatory disorders such as **bronchial asthma, rheumatoid arthritis, Crohn's disease and ulcerative colitis.**

Boswellia is commonly available in tablets and capsules. Though toxicity associated with this anti-inflammatory herb is rare, follow the dosage recommendation on the bottle to ensure safety.

3. Holy Basil



- A type of basil native to India, holy basil or tulsi not only plays an important role in Ayurveda, it's also revered by worshipers as a symbol of a deity. Traditionally, this herb is used in cooking and also as a medicine to treat cold, flu and sore throat. Holy basil oil is found to possess anti-inflammatory, antioxidant and other medicinal properties that are effective against **arthritis, diabetes, high cholesterol, peptic ulcers** as well as **chemotherapy and radiation poisoning.**

Dried or grounded holy basil leaves can be found in specialty stores as well as on the Internet. *Zyflamend*, a popular anti-inflammatory herbal formula in the US, also contains holy basil in its unique blend. In places where holy basil is not available, sweet basil can also be used.

Note: Avoid this herb if you are pregnant or trying to conceive.

4. Neem



- Known as the 'Divine Tree' in India, neem oil is used in Ayurvedic medicine to calm **inflammatory skin conditions, joint pains and muscle aches.**

Extracts of neem leaves and seeds have also demonstrated anti-fungal, antibacterial, anti-diabetic and anti-viral properties in various studies.

All parts of this amazing tree can be used. Neem shoots and flowers are eaten as vegetables in India, while the leaves are added to foods as a spice to impart a unique bitter flavor. Neem oil can also be applied topically to treat skin irritations, and sprayed on plants to control pests.

Note: Despite the healing properties of neem, women who are pregnant or wanting to become pregnant should avoid using this herb.

5. Aloe Vera



- Well known for **healing wounds and soothing skin burns**, aloe vera's anti-inflammatory properties work internally as well. When ingested, aloe cools **inflammation in the digestive tract** such as in the case of peptic ulcers, and it may also be beneficial for other inflammatory conditions. In Traditional Chinese Medicine, aloe vera is prescribed when there's excessive heat in the liver.

Aloe vera gel can be consumed internally, or used topically to treat burns and other skin irritations such as acne and psoriasis. The juice obtained from the gel is also a popular detoxification beverage.

Note: Powdered aloe vera leaf is a strong laxative and should be used with caution. Expecting mothers should only use aloe vera under physician's supervision, or if unsure, avoid it altogether.

6. Licorice



- Also known as liquorice, the sweet root of this plant is commonly used to make candies. Healing-wise, the strong anti-inflammatory compounds found in licorice root have been found to be effective against **coughs, colds, mouth ulcers, peptic ulcers** and even **chronic hepatitis infection**.

Licorice is available as chopped roots, which can be brewed as tea, and also in powder and capsule forms.

Note: Ingesting too much licorice root can lead to high blood pressure. So use this herb with care and preferably under the supervision of a trained health-care provider.

7. Saw Palmetto



- Native to the southeastern United States, this small palm tree shows promising anti-inflammatory activity against the **enlargement of the prostate gland** in men (a condition known as benign prostatic hyperplasia, or BPH).

Extracts of saw palmetto berries are widely available as tablets and capsules. If you intend to use this herb for BPH, do discuss with your health-care provider first to determine the effective dosage.

8. Feverfew



- Related to the chrysanthemum, feverfew produces pretty daisy-like flowers with white petals and yellow centers. As its name implies, this anti-inflammatory herb can help to **lower fever**, and it's also effective in reducing the severity and frequency of **headaches and migraines**. But taking feverfew during a migraine attack is unlikely to help, as it takes time for the herb to take effect. As such, it's more useful as a preventive measure.

Capsules and tablets of feverfew are readily available. Seek advice from a trained health-care adviser before using this herb.

Note: There are some side effects associated with this herb, including mouth ulcers, mild digestive disorders and a rebound in headaches after stopping feverfew. It's also not suitable for expecting mothers.

9. Slippery Elm



- A tree with diverse uses, the bark of slippery elm has been used to address a wide range of health concerns, such as **cough, sore throat, irritable bowel syndrome, gastritis, arthritis** as well as other inflammatory conditions. It is also commonly used as an ingredient in lozenges and herbal teas.

Slippery elm is a safe and gentle herb with no contraindications. You can find it in powder form and in capsules.

Here is a list of some of the most accessible and most reliable natural anti-inflammatory herbs:

Arnica usually refers to [Arnica montana](#), a mountain plant used for relief of [bruises](#), stiffness, and [muscle soreness](#) in herbal medicine. [Arnica](#) is widely used as a salve for [bruises](#) and [sprains](#) for the same natural [anti-inflammatory](#), pain-relieving purposes. In homeopathy it has a wider use and is taken internally.

Boswellia has unique natural anti-inflammatory action, much like the conventional non-steroidal anti-inflammatory drugs (NSAIDs) used by many for inflammatory conditions. Unlike NSAIDs, however, long-term use of [boswellia](#) does not lead to irritation or ulceration of the stomach.

Bromelain is a plant-enzyme. Bromelain is not actually a single substance, but a group of protein-digesting enzymes found in pineapple juice and in the stem of pineapple plants. Local [swelling](#) is the releasing of histamines in a localized area causes the vasodilation and increased permeability of [blood vessels](#).

Bromelain has a natural anti-inflammatory effect and is a very effective treatment for [fibromyalgia](#). It is recommended to take 200 to 400 milligrams three times a day on an empty stomach at least 90 minutes before or three hours after eating. Discontinue use if you develop any [itching](#) or rash.

Cayenne Pepper (Capsaicin) A cream containing small amounts of Capsaicin can help [relieve pain](#) when rubbed onto [muscle pain](#) and arthritic joints, according to the results of a double blind study. It does this by depleting nerves of a pain-mediating neurotransmitter known as substance P. Although application of capsaicin cream may initially cause a burning feeling, the burning will lessen with each application and soon disappear for most people. A cream containing 0.025–0.075% of capsaicin can be applied to the affected joints three to five times a day.

Devils Claw – An [analgesic](#) and natural anti-inflammatory herb. also called grapple plant, wood spider and most commonly Devil’s Claw, is a plant of the sesame family, native to South Africa. It got its name from the peculiar appearance of its hooked fruit. The plant’s large tuberous roots are used medicinally to reduce pain and [fever](#), and to stimulate digestion. European colonists brought [Devils Claw](#) home where it was used to treat [arthritis](#).

Dosage: one to two grams, three times daily.

Ginger - An anti-inflammatory herb. Ginger has been used in Ayurvedic and Chinese medicine as an anti-inflammatory. Taking 6–50 grams of fresh or powdered ginger per day indicated that ginger might be helpful. Suggested Dosage: 0.5 to 1 mg of powdered ginger daily.

Ginger Tea:

Add one grated teaspoon of fresh ginger to a cup of hot water. Take two times daily.

Glucosamine sulfate (GS), a nutrient derived from sea shells, contains a building block needed for the repair of joint cartilage. GS has significantly reduced symptoms of [osteoarthritis](#). All published

clinical investigations on the effects of GS in people with [osteoarthritis](#) report statistically significant improvement.

Most research trials use 500 mg GS taken three times per day. Benefits from GS generally become evident after three to eight weeks of treatment. Avoid if you have any [allergic reactions](#) to shell fish. Glucosamine stimulates the production of the specific elements of cartilage and protects them. It helps your body repair worn cartilage, reduce pain and improve function.

Chondroitin attracts fluids into proteoglycans, the molecules dispersed through out the cartilage that give the tissue its shock-absorber quality, and protects the cartilage against breakdown. These are substances the body already produces for itself in small amounts. [Glucosamine](#) is found in almost all tissue; it has a role in the repair and maintenance of joint cartilage. [Chondroitin](#) sulfate is a major component of cartilage and is thought to inhibit the enzymes that contribute to the breakdown of cartilage.

S-adenosyl methionine (SAMe) possesses natural [anti-inflammatory](#), pain-relieving, and tissue-healing properties that may help protect the health of joints. SAM-e is derived from methionine, an essential amino acid; it may promote cartilage formation and repair.

[Glucosamine](#) and [chondroitin](#) sulfate are usually sold together. In clinical studies, the supplements had to be taken for several weeks before providing any [pain relief](#). Don't forget the truly natural and proven methods for battling osteoarthritis, lose excess weight and exercise.

Licorice root – A natural anti-inflammatory herb. Long-term use can elevate blood pressure and increase potassium loss. Dosage: one-eighth to one-quarter teaspoon of a 5: 1 solid extract up to three times daily.

Turmeric - An effective anti-inflammatory herb. Dosage: 400 mg three times daily; take on an empty stomach and combine with 1,000 mg of [bromelain](#)

White Willow Bark – Natural anti-inflammatory and pain-relieving effects. [White Willow](#) bark has anti-inflammatory and pain-relieving effects. Extracts providing 60–120 mg salicin per day are approved for people with [rheumatoid](#) arthritis. Although the [analgesic](#) actions of willow are typically slow-acting, they last longer than aspirin.

Essential Oils for [Inflammation](#)

Basil - contains several antioxidants in its volatile oils that act just like some non-steroidal anti-inflammatory drugs such as ibuprofen and Celebrex. When isolated at high enough concentrations these oils worked as well as ibuprofen, naproxen, and aspirin in research trials.

Camphor is a white transparent waxy crystalline solid with a strong penetrating pungent aromatic odor. As an antimicrobial substance, camphor is readily absorbed through the skin and produces a feeling of cooling similar to that of menthol and acts as slight local anesthetic. In larger quantities, it is poisonous when ingested and can cause [seizures](#), confusion, [irritability](#), and neuromuscular hyperactivity.

Clove - this intense oil, most commonly used to relieve dental pain and [infection](#), is also used to dissolve the eggs deposited by [intestinal worms](#). It is delicious but overwhelming in both smell and taste. It is an antiseptic, carminative, warming, and very aromatic oil.

Eucalyptus - A natural anti-inflammatory herb and oil, reduces pain, spasms and inflammation, and stimulates local blood circulation and the removal of waste products and toxins from the tissues. It is used to treat muscular aches and pains, strains, [sprains](#), and other traumatic injuries of the muscles, ligaments and tendons. It also helps to reduce nerve inflammation and pain and is useful for the treatment of the various kinds of neuralgia such as [sciatica](#). [Eucalyptus](#) reduces pain and inflammation due to chronic arthritic conditions. It also has a mild clearing and stimulating effect on the mind which helps to [reduce fatigue](#).

Ginger - This rich, spicy oil so often used for [nausea](#) also helps normalize blood pressure either by raises blood pressure by restricting external blood flow, or lowers it by dilating surface [blood vessels](#). This oil is warming and an antiseptic.

Menthol is actually a compound obtained from peppermint oil or other [mint](#) oils or made synthetically. Menthol has local anesthetic and counterirritant qualities. It is contained in nonprescription products for short-term relief of minor [sore throat](#) and minor mouth or throat irritation. [Menthol](#) is also contained in combination products used for relief of muscle aches, sprains, and similar conditions. [Menthol](#) is often used with other ingredients such as [camphor](#) and [eucalyptus](#) for [pain relief](#). Menthol is considered an antidote for many homeopathic remedies and should be avoided by people taking them. Found in our Muscular/Pain Remedy Blend.

Peppermint - acts as a muscle relaxant, particularly in the digestive tract, and it can also reduce the inflammation of nasal passages and relieve muscle pains. When massaged into the skin, [peppermint](#) oil plays an innocuous trick on the nerves: It stimulates those that produce a cool, soothing sensation and desensitizes those that pick up pain messages.

Rosemary - Studies show that this oil improves general circulation.

Tea Tree – has a wide range of topical applications and is commonly used to treat skin and respiratory [infections](#). Surprisingly, the oil is active against all three categories of infectious organisms: bacteria, [viruses](#) and fungi. [Tea tree](#) oil is an effective treatment for many [skin conditions](#), such as [cold sores](#), the blisters of [shingles](#) and chicken pox, verrucae, warts, [acne](#), large inflamed spots and nappy rash. It is also effective against fungal [infections](#), such as [ringworm](#), [athlete's foot](#) and [thrush](#), as well as [dandruff](#)—a mild form of [seborrheic dermatitis](#)



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