

DDx INFLAMMATION

Cardiovascular | Rheumatologic | Immune

BOSWELLIA

Positive evidence to support use in osteoarthritis, IBD and chronic asthma. Improvement can last beyond cessation of treatment, indicating an improvement in underlying inflammatory pathology. Included in Boswellia Complex by MediHerb.

TURMERIC

Shown to block inflammation and pain hypersensitivity in uveitis, OA, RA and post-operative patients. Also supports liver health, anti-aging and anti-cancer treatments. Included in both Boswellia Complex and Vitanox by MediHerb.

REISHI MUSHROOM

Protects against radiation, heat and chemically-induced cellular damage while speeding up the clearance of damaged cells. Also acts to shrink tumours and reduce histamine release in both inflammatory states and allergies. Reishi by JHS boasts the highest levels of anti-inflammatory compounds.



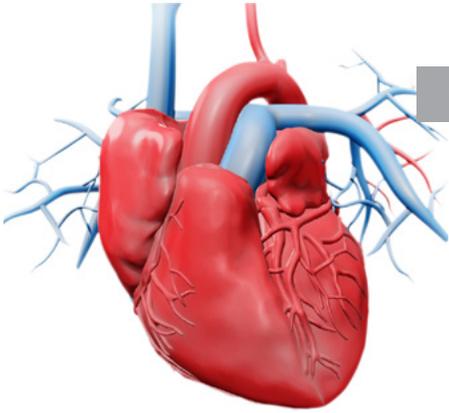
Boswellia, turmeric and green tea for arthritis pain.

THE ROOT OF ALL DISEASE

The inflammatory cascade is not a bad thing, in response to acute injury or infection, it mobilizes the immune system to defend and protect the body. Problems occur when the balance between pro-inflammatory and pro-resolution mediators becomes skewed, resulting in chronic, ineffective inflammatory states. Knowing which interventions are appropriate for individual disease states is essential to achieving positive patient outcomes. With the correct treatment we can affect a significant reduction in morbidity and mortality and support our patients in living longer, healthier lives.



Reishi for allergies, cancer and injury.



Garlic aids in heart health.

GARLIC

Evidence support use in OA and RA, as well cardiovascular disease as it improves peripheral circulation and reduces blood pressure. Anti-microbial effects boost immune strength and help to fight seasonal and chronic infection. Found in Garlic Forte by MediHerb.



Fish oil for speeding recovery.

GREEN TEA

Proven to reduce atherogenic processes and improve cardiovascular health. Also shown to improve arthritis and IBD in clinical trials, with compelling evidence demonstrating a reduction in dental caries with regular use. Included in Vitanox by MediHerb.



Reduce cavities and gingivitis with green tea.

FISH OILS AND PRO-RESOLUTION MOLECULES IN INFLAMMATION

It is common knowledge that fish oils can be applied to many cases of inflammation, from cardiovascular disease to low back pain and headaches, fish oil is a staple of most naturopathic protocols. Emerging research now clarifies how this amazing substance works. While arachadonic acid found in animal fats is at the top of the pro-inflammatory mediator chain, omega 3 fatty acids found in fish oil are at the top of the pro-resolution mediator chain. These compounds, known as resolvins, protectins and lipoxins are the key to healing acute inflammation and preventing chronic inflammatory states. When adequate levels of these compounds exist, they can combat inflammation caused by external factors (injury, toxins, infection) and mitigate inflammation due to endogenous sources as well (obesity, autoimmunity, cancer). High quality, well absorbed products such as Nordic Naturals Pro-Omega can help reduce overall inflammation and provide a safe, economic and reliable therapeutic option in your practice.