



Inflammation

Put out the fire that
consumes your health

BY SAYAN SARKAR

Inflammation is a condition that, to one degree or another, afflicts tens of millions of people nationwide. As an isolated occurrence, inflammation is an appropriate response your body employs to address injury or infection. When inflammation becomes persistent, however, that's a cause for concern.

Inflammation is a major underlying factor in chronic conditions such as arthritis or poor digestive health, resulting in serious discomfort and a limited lifestyle. In other instances, inflammation is a periodic byproduct of stress and the proverbial wear-and-tear of living. At times we tax our bodies excessively, causing joint pain and decreased mobility. And yet, there are occasions where the stressful demands of work and family—the unexpected obstacles that are symptoms of financial and personal hardship, unhealthy diet, and too little sleep—manifest themselves through inflammation.



Think of inflammation as a catchall for a variety of things (some of them serious, some of them less worrisome) where there is a distinctive set of causes. The challenge rests with finding an effective solution, which is practical, convenient, and affordable. Concerning these three points, there is a world of difference between products with extravagant claims and brands that commit to fight the epidemic known as inflammation.

The consequences of both nature and nurture—the genetic vulnerabilities we each possess, intensified by the (poor) decisions we make—contribute to inflammation. Our duty is to recognize the severity of this issue and take action for the betterment of all.

A simple review of the numbers underscores the need to educate ourselves about the culprits responsible for inflammation. If you don't personally experience the symptoms, odds are that a friend or loved one battles with this condition. Consider inflammation as a sign that the body is in a fight against a specific enemy; in that respect, inflammation is the result, not the cause, of something more serious.

Persistent, systemic inflammation increases a person's risk of heart disease, cancer, diabetes, osteoporosis, and an assortment of other problems that become more likely as we age. More disturbing is the rise in the use of prescription drugs—many of which have serious

long-term side effects—as a response to the growing threat of inflammation.

Physicians and pharmacologists do important work in developing medicines that may halt the progression of diseases that, literally, threaten life and limb, in the instance of inflammation, an all-natural over-the-counter remedy can treat the same problem—with few, if any, side effects.

There are immediate steps we can all take to reduce inflammation, starting with improved exercise and better eating habits. Sufficient rest and a strong immune system complement this beginning, so that we can better control inflammation when it strikes.

Diet is critical. Amidst the far-too-numerous types of processed foods, sugary drinks, and oversized meals, we must seize any chance to embrace the benefits of sound nutrition. Eating whole foods and including exercise such as resistance training and light cardiovascular workouts is a manageable way to diminish bouts of inflammation. The long-term advantages, in terms of physical and emotional health, are immeasurable.

Also, by eliminating drinking and smoking—these are an invitation for all manner of otherwise avoidable diseases—people can make significant progress in their quest to vanquish inflammation. If these recommendations are still not persuasive, consider the financial savings related to cutting out alcohol and tobacco: the

Inflammation-Fighting Tips

Extinguishing inflammation is equal parts prevention and reaction. Make these steps part of your weekly routine.

- Learn about inflammation and its role in many major diseases.
- Make personal wellness your top priority.
- Take twenty minutes a day for relaxation, leisurely walking or meditation.
- Resistance training and/or light cardiovascular exercise for at least thirty minutes, three times a week.
- Increased eating of fruits, vegetables, and Omega-3 foods (organic meats, fish, olive oil) and decreased consumption of Omega-6 foods (commercial meats, most vegetable oils, processed foods).
- Aim for seven to nine hours of sleep per night.
- Eliminate or reduce stressful situations.

billions of dollars that go to hospitals, recovery centers, care facilities, and support programs could be redirected to help non-smokers with other health problems.

Supplements provide another avenue to fight inflammation. It is important to note: not all supplements are the same; not every supplement has the right ingredients to provide nutritional support, based on the right clinical research. For, in the absence of extensive supporting data and independent verification of supplement benefits, consumers must make a leap of faith. Doing so is neither wise nor efficient. We, as consumers, need to read the fine print, which reveals a supplement's potential based on its ingredient list.

With this in mind, here are some key ingredients to identify:

Turmeric Extract (Curcumin) has been used for nearly 4,000 years in traditional Ayurvedic medicine and relieves pain from arthritis, various injuries, and detoxifies the body and liver;

Black Pepper (Piperine) dates back to 6,000 BCE and may enhance thermogenic activity in the digestive tract, thus strengthening the bioavailability of several nutrients;

Milk Thistle (Silymarin) has high antioxidant and anti-inflammatory properties and may offer the liver protection from toxins;

Green Tea may reduce oxidative damage to cells, reduce severity of heart disease, lower LDL (bad) cholesterol, and increase the rate of fat burning;

Ginger Root is critical in relieving nausea and has anti-viral, anti-inflammatory, and anti-microbial properties;

Asparagus Root contains anti-inflammatory nutrients, as well as various antioxidants such as Vitamin C, beta-carotene, and the minerals selenium, zinc, and manganese;

Gentian Root may help the body increase gastric secretions, improve digestion, and allow for better overall gastrointestinal health;

Eleutherococcus (Siberian Ginseng) may have a significant impact on reducing excessive cortisol production and boosting the immune system;

B Vitamin Complex provides crucial support for the brain, metabolism, digestive system, and various cellular and bodily functions;

N-Acetyl Cysteine may combat various environmental chemicals, toxins, and pollutants; and Inositol is an essential bodily ingredient at the cellular level.

These ingredients are all available individually, but combining all of these properties in one supplement is essential. And therein lies a fundamental fact: the only way to get the power of these ingredients without taking multiple supplements throughout day, or spending large sums of money on these products, is to find a single supplement that can achieve the same result.

Through smart living and appropriate supplements, we can win the battle against inflammation. Use this information to reclaim your health and peace of mind. 



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