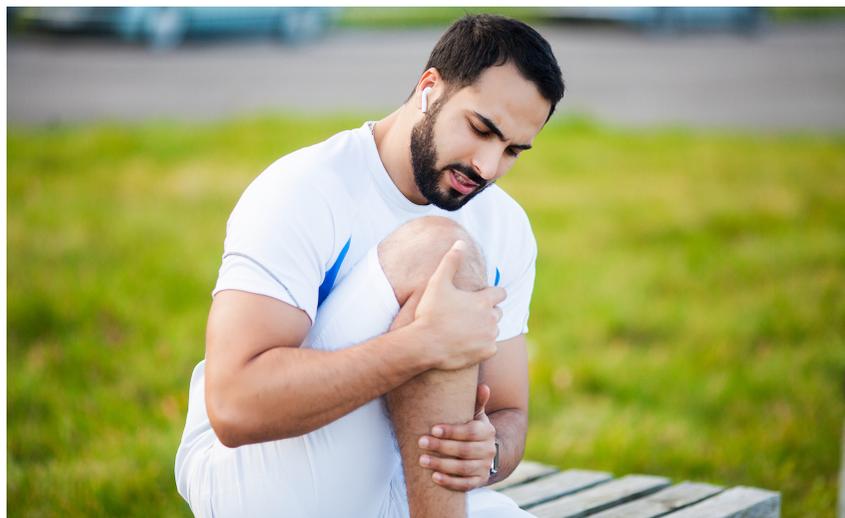


HB07: INFLAMMATION CESSATION

Inflammation is part of our natural defense and healing system. It occurs when our body attempts to isolate damage or infection. It helps us to heal our wounds. However when the inflammation becomes chronic then it becomes part of the problem rather than part of the solution. When the body overreacts to injuries with excessive pain and inflammation, then a dampening of the inflammatory process becomes a desirable therapeutic intervention.



Arthritis and other chronic inflammatory diseases attack muscles, joints, and connective tissue. Pain and swelling occur when the body knows it has been injured. The cell's membrane cries out chemically to let the body know it has been hurt. The cell's "cry" is a molecule called arachidonic acid (AA). The AA triggers a chain of events to rescue the cell. First an enzyme (cyclooxygenase) converts the AA into prostaglandins which cause blood vessels to release fluids (swelling) to wall off the area of damage and stimulate the nerve endings to produce pain. This identifies the location of the damage and the brain sends immune cells to the rescue.



Mangosteen

“The Queen of Fruits”:

Mangosteen pericarp (rind) has been used for centuries in S.E. Asia to treat inflammation such as diarrhea and dysentery (inflammation of the large bowel). Researchers successfully investigated Mangosteen as a cure for other forms of inflammation. Japanese researchers have identified a compound in Mangosteen that directly inhibits the cyclooxygenase enzyme and thereby interrupts the inflammation cycle. It does so without the serious negative side effects of anti-inflammatory drugs.



Sprouted Black Rice :

Independent studies have shown positive results from Black rice in treating various forms of Inflammation. A distinguishing characteristic of Black Rice is the strong anthocyanin antioxidants contained in the deep-purple flavonoid pigments in its kernel.

The strong antioxidant properties of Black Rice make it an effective anti-inflammatory food; which helps cut down on general infections and illnesses. The strong antioxidant action of flavonoids creates anti-inflammatory action. In a study published in the “American Chemical’s Journal of Agricultural and Food Chemistry,” researchers found that a diet supplemented with ten percent black rice bran significantly reduced inflammation and also found that black rice bran inhibits the release of histamine, a chemical that triggers inflammation.

Sprouted Black Rice :

Black rice consumption can alleviate allergic dermatitis symptoms such as swelling, and allergy and asthma sufferers may find relief by adding black rice to their diet. Researchers at Ajou University in Suwon, S. Korea tested black rice for its effectiveness in protecting against skin inflammations and found that black rice bran suppressed dermatitis. This scientific study suggests that black rice may be a “useful therapeutic agent for the treatment and prevention of diseases associated with chronic inflammation.”



Papaya Leaves:

Papaya leaves reduce inflammation of the stomach lining, heal gastric ulcers and acid reflux by killing (digesting) *H. pylori* bacteria. It soothes colon inflammation and other inflammatory bowel diseases.



Amalaki (Amala) "The Great Rejuvenator":

Ayurvedic texts (now confirmed by modern science) describe Amalaki as a potent anti-inflammatory. We know that its bioflavonoids, rutin, quercetin and superoxide dismutase contribute to the anti-inflammatory qualities of Amalaki. Amalaki is nature's highest source of Vitamin C. The combination of Mangosteen rind, Sprouted Black Rice, Papaya Leaves and Amalaki create a synergistic herbal blend to fight chronic inflammation.

