





## Powerful Herbs That Can Serve As An Alternative To Pharmaceutical Drugs For Inflammation

We all want to feel better, this is no surprise. And we want to feel better as soon as we can. There are so many different avenues of healing it can be difficult to know where to begin. Through understanding the ways of our own unique systems and processes, we can only truly begin to heal and want to continue along the path best suited for us and our long-term wellness. There is a world of possibilities when it comes to utilizing the natural world for healing. It is important to remember that plants are delicate and subtle; consistency is crucial with these herbs mentioned below if a lasting change is to come of their use. Have patience, keep your journal nearby, and begin to witness the power of vibrational rewiring that follows. The only lasting commitment we can make is to ourselves and our healing; when we take responsibility of our own world, we take ownership of all that we create! This is invaluable.



### Herbs Destined for Greatness

	Image for Reference	Benefits	How To Use
<b>Turmeric</b>		Contains curcumin which has potent anti-inflammatory effects within the body, more potent than cortisone. It blocks the a molecule called NF-KB which travels into the cell and promotes inflammation. Curcumin stops the pathway before it starts.	Add turmeric into smoothies, any savory recipe, or as golden milk and get blessed with a beautiful golden yellow color. The taste of turmeric is earthy and healing. The root looks like a vein and therefore supports circulation and a happy body in general.
<b>Boswelia</b>		Is capable of building of connective tissue and for joint support. It is just as effective as NSAID use in treating inflammation by modulating the production of pro-inflammatory enzyme 5-lipoxygenase. This enzyme is common in joint pain, allergies, and cardiovascular issues.	It can be taken internally or applied topically to an area to relieve inflammation. If used internally, the dosage range is anywhere from 150-500 mg 3 times per day. It is best to consult your naturopath for recommended dosages.
<b>Ginger</b>		Ginger attacks inflammation through the action of gingerols, shogaols, and paradols. The 6-gingerol stops the production of free radical peroxynitrite which causes inflammation. These compounds together assist the body in the same way that NSAIDs but without harm.	It can be used in tea, smoothies, and any recipe for a warm, spicy kick. Ginger can also be applied topically and directly to the point of pain. It should be noted that fresh ginger is recommended and that it be kept in a dry area for storage to avoid mold.
<b>Cayenne</b>		The primary component is capsaicin; the hotter the pepper the more capsaicin. It depletes nerve cells of substance P which is a chemical responsible for transmitting pain signal to the brain. It can promote digestion and relieve circulatory related issues.	Add cayenne to smoothies, tea, or any recipe for a spicy flare. It is a simple and profound alternative to regular hot sauces that contain unnecessary ingredients that contribute a similar satisfactory feeling within the body.

#### References

Asprey, Dave. "Top 7 Anti-Inflammatory Herbs and Spices." *Bulletproof*, Bulletproof, 13 Apr. 2017, [blog.bulletproof.com/best-anti-inflammatory-herbs-and-spices/](http://blog.bulletproof.com/best-anti-inflammatory-herbs-and-spices/).

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