

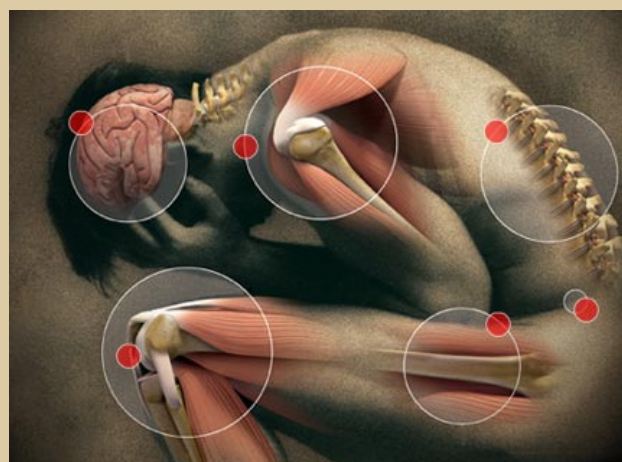


OptimalRx

The Natural Prescriber

YOUR PRACTITIONER:

Your Natural Medicine Practitioner has a wealth of tools that can be used to combat pain and inflammation, including herbal and nutritional medicine and specialised diets. We also have a deep understanding of how inflammation not only causes pain, but is a driving factor in the initiation and progression of many common chronic diseases, including cardiovascular disease, endocrine dysfunction and even cancer. Addressing inflammation helps to control pain and leads to better long term health.



What is inflammation?

Many people think of inflammation only when it is related to conditions like arthritis or injuries such as a sprained ankle, where it is easily identified by the presence of swelling, redness and pain. In actual fact, inflammation is part of the body's defence and healing response and happens regularly in the body, often without us even being aware of it. For example, low grade inflammation, which often occurs in the digestive tract, in response to poor diet, can make us feel tired and run down, this can cause poor digestion and can ultimately lead to more serious health problems. Inflammation acts to kill invaders, remove damaged cells and rebuild tissue. It's our body's way of combating anything that causes damage such as bacteria, viruses, allergens, toxic agents or injury.

Diet also plays an important role in inflammation with some foods considered anti-inflammatory and some considered pro-inflammatory.

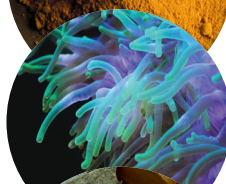
Anti-Inflammatory Foods	Pro-inflammatory Foods
Fresh vegetables and fruit	Foods high in sugar
Healthy fats from fish, nuts and seeds	Saturated animal fats, heated oils and trans fatty acids
Herbs and some spices	Artificial additives, such as preservatives, colourings and flavouring agents



Herbal and Nutritional Medicine for Inflammation



Turmeric - this spice has been used for centuries as a treatment for inflammatory conditions and is a potent anti-inflammatory



Fish Oils - especially high dose EPA have been found in clinical trials to have strong anti-inflammatory action



Ginger - has been used traditionally as a treatment for pain, inflammation and arthritic conditions

Magnesium - This important mineral is commonly deficient in Australian diets. It plays a vital role in reducing inflammation