

**ANTI-INFLAMMATORY  
GUIDE**

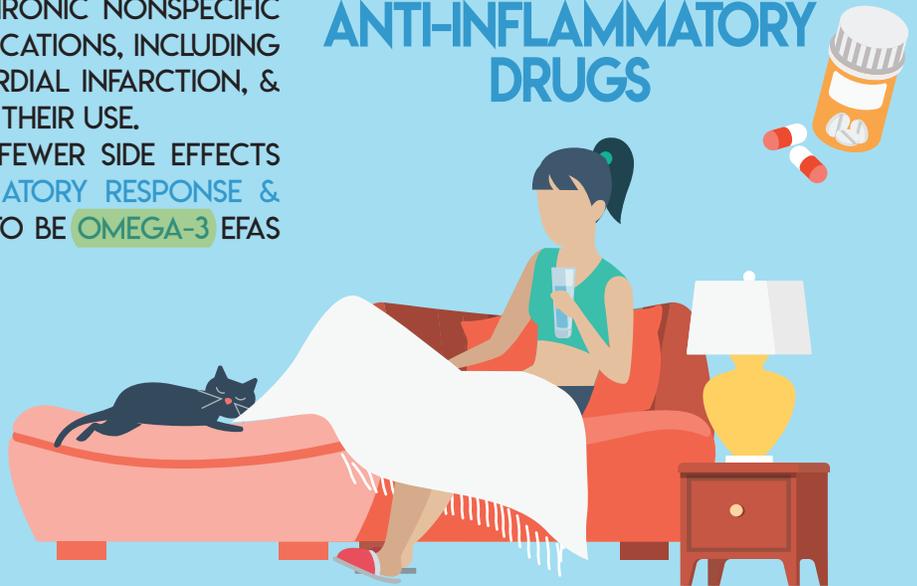
# ANTI-INFLAMMATORY CHEAT SHEET

## PROPER DOSE OF OMEGA 3'S IS MORE EFFECTIVE & SAFER THAN ANTI-INFLAMMATORY DRUGS

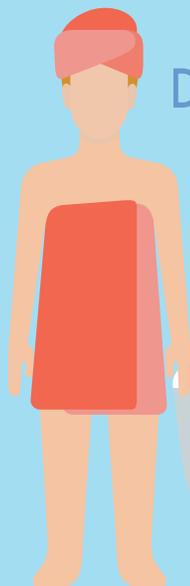
THE USE OF NSAID MEDS IS A WELL-ESTABLISHED, EFFECTIVE THERAPY FOR BOTH ACUTE AND CHRONIC NONSPECIFIC NECK & BACK PAIN. EXTREME COMPLICATIONS, INCLUDING GASTRIC ULCERS, BLEEDING, MYOCARDIAL INFARCTION, & EVEN DEATHS, ARE ASSOCIATED WITH THEIR USE.

AN ALTERNATIVE TREATMENT WITH FEWER SIDE EFFECTS THAT ALSO REDUCES THE INFLAMMATORY RESPONSE & THEREBY REDUCES PAIN IS BELIEVED TO BE OMEGA-3 EFAS FOUND IN FISH OIL.

2400MG OF OMEGA 3 FISH OIL HAS BEEN SHOWN TO BE AS OR MORE EFFECTIVE THAN NSAIDS LIKE IBUPROFEN AND ASPIRIN AT REDUCING PAIN.



MAKE SURE YOUR OMEGAS HAVE NO FILLERS, NO DYES, NO COLORINGS, THEY ARE SOURCED FROM FRESHWATER FISH AND ARE KEPT IN A NON-SEE THROUGH CONTAINER.



## EPSOM SALT BATHS DILATE THE BLOOD VESSELS TO FLUSH OUT TOXINS & INFLAMMATION THROUGH THE SKIN

### SIMPLE VERSION:

1 C. OF EPSOM SALT IN WARM BATH WATER  
SOAK FOR 20 MINUTES

### MAX SALT DETOX BATH:

1/4 C. SEA SALT/HIMALAYAN SALT

1/4 C. EPSOM SALT

1/4 C. BAKING SODA

1/3 APPLE CIDER VINEGAR

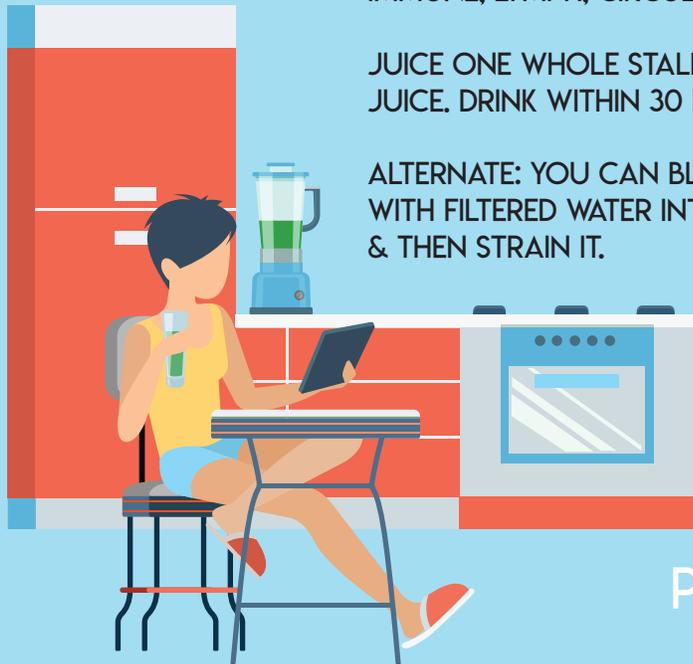
10 DROPS OF FAVORITE ESSENTIAL OIL  
(EX. LAVENDAR)

NOTE: BE AWARE OF GETTING OUT AS A CHANGE IN BLOOD FLOW & DETOX MAY CAUSE LIGHTEADEDNESS.

**CELERY** INCREASES HEALTHY STOMACH ACID PRODUCTION TO BREAK DOWN FOOD AND **DECREASE DIGESTIVE BLOATING**. IT ALSO CONTAINS HELPFUL NATURAL SALTS AND MINERALS TO AID THE IMMUNE, LYMPH, CIRCULATORY, AND NERVOUS SYSTEMS.

JUICE ONE WHOLE STALK OF CELERY BY ITSELF TO MAKE 12-16OZ OF JUICE. DRINK WITHIN 30 MINUTES FOR MAXIMUM NUTRIENTS.

ALTERNATE: YOU CAN BLEND THE CELERY WITH FILTERED WATER INTO A LIQUID & THEN STRAIN IT.



## **DRINK CELERY JUICE** FOR AN EXTREMELY POWERFUL & ENERGIZING **ANTI-INFLAMMATORY**

**HARNESS** THE ANTI-INFLAMMATORY POWER OF CURCUMIN THROUGH TURMERIC. **INCREASE** THE ABSORPTION WITH A LITTLE BLACK PEPPER. **REBOUND** THE FLAVOR WITH THE ANTI-NAUSEA/ ANTI-INFLAMMATORY GINGER & A SPLASH OF HONEY OR LEMON.

- 1 TSP FRESH GRATED TURMERIC ROOT (OR 1/3 TSP DRIED)
- 1 TSP FRESH GRATED GINGER ROOT (OR 1/3 TSP DRIED)
- 1/4 TSP BLACK PEPPER
- 1 SLICE OF LEMON AND/OR RAW HONEY (TO TASTE)

IN A SMALL SAUCEPAN BRING A CUP OF WATER TO BOIL. REMOVE FROM HEAT & ADD THE TURMERIC & GINGER. LET STEEP WITH THE LID ON FOR APPROXIMATELY 5 MINUTES. STRAIN THE TEA & ADD PEPPER. LASTLY, ADD SOME HONEY OR LEMON AS DESIRED.

## **ANTI-INFLAMMATORY** TURMERIC GINGER TEA TO GO TO SLEEP FASTER & **WAKE UP REFRESHED**

