

InflamEX (Item #6247)

The Inflammation Elimination Opti-Blend

Individuals who suffer from inflammation are typically dealing with one or more of the following issues:

Constipation --- Stomach bloating --- Anemia --- Asthma --- Diarrhea and other digestive disorders --- Fatigue --- Compromised immune response --- Skin rashes --- Nervousness --- Painful bowel movements --- Agitation, restlessness or hyperactivity --- Allergies, food intolerances or hypersensitivities --- Anal itching, genital itching or buttock "pimples" --- Anger, frustration, short-temperedness --- Breathlessness, easily fatigued, anemic, or low iron --- Facial grimacing, frowning, or twisting of expression --- Parasitic thoughts such as "Everyone uses me" or "People drain my energy"

What is inflammation?

Inflammation is a process in which the body's white blood cells and bio-chemicals can protect us from disease, infection and foreign substances such as bacteria and viruses. Inflammation is an Early Warning System that alerts us to the imbalance in our bodies. The disease process begins with inflammation in an "acute" state. In some cases, however, the body's defense system (immune response) triggers or extends an inflammatory response when there are no foreign substances to fight off. In these cases, called autoimmune diseases, the body's normally protective immune system causes damage to its own tissues. The body responds as if normal tissues are infected, or, somehow abnormal. When inflammation proceeds unabated from the "acute" state, it becomes "sub-acute" and more noticeable or painful. The inflammation, left to proceed further, will move the condition/disease into a "chronic state," with the potential for causing severe physical pain and emotional discomfort. Finally, the disease process will reveal symptoms of inflammation of the "degenerative" type. Once at this stage, the inflammation is at the brink of maturing into a full blown "nameable" disease. Nature gives us every opportunity to correct the problem before any of these later stages through our bodies' signals.

On the other hand, conventional medicine still has no test for or diagnosis for chronic or systemic inflammation. As yet, we have heard of no medical consensus about what this kind of inflammation really is or exactly how it undermines your health. Conventional medicine still has no test for or diagnosis for chronic or systemic inflammation. However, recent studies do reveal that chronic and degenerative inflammation may be the root cause of psoriasis, heart disease, cancer, osteoporosis and Alzheimer's, amongst other disorders.

Although inflammation may be a relatively new idea to conventional medicine, it's well understood in Chinese medicine. And while it's true that Western science hasn't worked out every step in the biology of chronic inflammation, Eastern science shows a great deal about how to reduce inflammation and promote health. Excess inflammation plays a central role in disease and aging, while controlling it is critical to balance in the body.

Many experts now see inflammation as being caused by an immune system that is malfunctioning. The familiar signs of inflammation — fever, pain, swelling — are the first signals that your immune system is stepping up its function. For example, when you break your arm or catch a cold, your immune system switches into gear.

With injuries such as this, bacterial infections, infestations by yeast or fungi or viral diseases will trigger a chain of events called the "inflammatory cascade." Most inflammation begins with pro-inflammatory hormones in your body calling out for your white blood cells to come and clear out infection, infestation and damaged tissue. These agents are closely related to anti-inflammatory compounds, which move in once the threat is neutralized to begin the healing process. Acute inflammation that ebbs and flows as needed is in response to conditions such as those listed above signifies a well-balanced immune response. Symptoms of inflammation that don't recede indicate that the immune system switch is stuck at ON and you have reached a "chronic," or, "degenerative" stage in the process. Sometimes a healthy mechanism like building scar tissue just won't shut off. When this occurs and is left unchecked, inflammation may soon produce a nameable disease like arthritis or colitis. In cases such as this, the immune system is poised on high alert—even without the presence of an imminent danger to defend against.

Some Frequently Asked Questions regarding Inflammation

What causes the symptoms of inflammation?

When inflammation occurs, chemicals from the body's white blood cells are released into the blood or affected tissues to protect you from foreign substances. This release of chemicals increases the blood flow to the area of injury or infection and may result in redness and warmth. Some of these chemicals cause a leak of fluid into the tissues, resulting in swelling. Such a protective process may stimulate nerves and cause pain.

What are the diseases associated with inflammation?

In addition to the diseases listed above, some (but not all) types of arthritis result from misdirected inflammation. Arthritis is a general term that describes inflammation in joints. Some types of arthritis associated with inflammation include: Rheumatoid arthritis, Shoulder tendonitis or bursitis, Gouty arthritis and Polymyalgia rheumatica. Conditions of the joints and musculoskeletal system that are *not associated with inflammation* include: osteoarthritis, fibromyalgia, muscular low back pain and muscular neck pain....

What are the symptoms of inflammation?

Inflammation is characterized by: Redness, Swollen Joints that are warm to touch, Joint pain, Joint stiffness and Loss of joint function...Inflammation may also be associated with general "flu"-like symptoms including: Fever, Chills, Fatigue/loss of energy, Headaches, Loss of appetite and Muscle stiffness...Symptoms such as Loose stool, gas, pain, constipation, etc., may also manifest in the bowel or related organs. (*Often, only a few of these symptoms are present.*)

What are the results of joint inflammation?

The increased number of cells and inflammatory substances within the joints cause irritation, wearing-down of cartilage (cushions on the end of bones) and swelling of joint lining. (*Please also see our CMO-ReVive, Item #6300, if you are challenged with this condition*)

How are inflammatory diseases diagnosed?

Inflammatory diseases are diagnosed after careful evaluation of a complete medical history and a physical exam. Also evaluated for purposes of diagnosis are the location of joint pain, presence of joint stiffness in the morning, additional symptoms, x-ray and other tests. REMEMBER, no single test exists for diagnosing inflammation. A consensus of information is needed to make an accurate evaluation.

Can inflammation affect internal organs?

Yes. Inflammation can affect organs as part of an autoimmune disorder. The types of symptoms depend on which organs are affected. For example:

- ✓ Inflammation of the heart (myocarditis) may cause shortness of breath or fluid retention.
- ✓ Inflammation of the small tubes that transport air to the lungs may cause an asthma attack.
- ✓ Inflammation of the kidneys (nephritis) may cause high blood pressure or kidney failure.
- ✓ Inflammation of the large intestine (colitis) may cause cramps and diarrhea.

Pain may not be a primary symptom of an inflammatory disease, since many organs do not have many pain-sensitive nerves. Treatment of organ inflammation is directed at the cause of inflammation whenever possible.

Where other formulas fall short; InflammEX excels because:

- ✓ Fulvic trace minerals in our formula provide nutrients to the areas in the body where they are most needed. These trace minerals are rich in fulvic acids, the world's most powerful chelators. No other inflammation formula contains Tracite from our privately owned fulvic acid mine.
- ✓ Enzymes speed up the delivery of nutrients and herbal constituents within the body.
- ✓ Some herbs in our formula specifically combat the proliferation of the various forms of inflammation.
- ✓ InflammEX increases blood circulation within and around the organs most affected. This formula includes flavones that increase circulation within and around body tissue, enabling increased tissue strength.
- ✓ The herbs in our formula are properly combined for maximum benefit and relief.
- ✓ InflammEX balances the engagement of the immune system, preventing an autoimmune response.

Guidelines for successfully addressing inflammation from several angles:

Body pH in association with lifestyle

Anything that causes the blood and other body fluids to exist in an acid state for extended periods will eventually cause some kind of inflammation to develop. You might say the acute inflammation is a sure way to know if your body pH is out of balance. Acid conditions are usually caused by any combination of: an acid forming diet, a lack of movement or exercise, high-stress living or working conditions and excessively intense emotional states. Some changes in lifestyle are required to heal and relieve the inflammation.

You may be interested in our other products that assist in pH balancing:
pH Primer Plus (Item#2433) and Universal Greens (Item #6804).

Diet addresses pH and overall health

A diet for controlling and preventing inflammation should contain plenty of fresh and raw foods, especially green foods. Fresh foods should be at least 50% of your daily intake. Cooked veggies, black beans, pinto beans, adzuki beans, brown rice, barley, rye, soy, oats, cooked fruits, seeds and nuts can be the staples of your diet. Avoid all simple sugars (sucrose, dextrose and glucose, evaporated cane juice), processed foods like many meats and cow's milk (products), junk foods, bottled or canned citrus juices, caffeine, soda and tobacco. Read your food labels; if a list of product ingredients includes names of chemicals you cannot pronounce, don't eat the product! Also, limit consumption of tomato sauces, soymilks, dairy cheese, breads (even whole grain), eggs and other dairy products. Drinking alcohol in excess is not recommended if you have inflammation of any kind. The more you vary from this diet the greater the chances of inflammation.

Avoid or modify activities that aggravate pain

Maintain joint movement and muscle strength through physical therapy and exercise, when possible. For pain relief, use natural remedies such as herbal analgesics (pain-relieving medications) and InflammEX that do not have the side effects of chemical/over-the-counter drugs.

Weight-Scaled Dosage:

Take your weight-scaled dosage at least 30 minutes after each meal as follows:

90 – 120 lbs: AM 2 Caps; PM 2 Caps; Evening 2 Cap
120 – 150 lbs: AM 3 Caps; PM 2 Caps; Evening 2 Caps
150 – 180 lbs: AM 3 Caps; PM 3 Caps; Evening 2 Caps
180 – 210 lbs: AM 3 Caps; PM 3 Caps; Evening 3 Caps
210 plus lbs: AM 4 Caps; PM 3 Caps; Evening 3 Caps

Ordering Information

InflammEX (Item # 6247) is priced at only: \$72.00 for 1 wide-mouth container of 300 Capsules
(use on an as needed basis)

Conveniently Order On-line at: <http://UniversalFormulas.com/>

**Please do not modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

NOTE:

Thanks to Ralf Ostertag for his authorship of this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.