PHYSICIAN'S STRENGTH™

9 Top Foods & Nutrients for Total Body Inflammation Support

Inflammation is a natural response by the body to injury, infection, or irritation. While acute inflammation is essential for healing, chronic inflammation can contribute to various health issues, including joint discomfort, cardiovascular challenges, and metabolic imbalances. Fortunately, nature offers an array of powerful ingredients that can help support the body's inflammatory response and promote overall well-being. This article explores the benefits of Wild Turmeric and Oregano, Ginger, Rosemary, Blackseed, Bromelain, Omega-3s, and topical camphor, providing a comprehensive strategy to manage inflammation effectively

Understanding Inflammation

Chronic inflammation occurs when the body's immune response is persistently activated, leading to damage in healthy tissues. It is said that inflammation can be thought of as "the root of all disease." Think about it as a wildfire that springs up in our body. You want to be able to control this fire and put it out. Otherwise, given enough time and the right conditions, it can spread and overwhelm the ability to extinguish the flames. Factors such as diet, stress, environmental toxins, and insufficient physical activity can exacerbate this condition. Addressing inflammation holistically involves dietary choices, supplementation, and lifestyle practices that reduce stress on the body.

Ingredients for Inflammation Support

1. Wild Turmeric

Wild Turmeric is a standout due to its active compounds, curcuminoids, and turmerones. Curcumin, and to a lesser degree, turmerones, have been studied for their ability to support a healthy inflammatory response to inflammation factors and oxidative stress.*[1] It is particularly beneficial for joint health and a balanced immune response.*[1] **Learn more here.**[1]

2. Ginger

Ginger has been used for centuries as a natural remedy for inflammation and pain.[2] Its bioactive compounds, such as gingerol, are known to support a healthy inflammatory response and for its soothing actions on the stomach.*[2] It is one of the most recognized and well-tolerated spices on the Earth, a staple in most cultures. **Read about its effects.**[2]

3. Wild Oregano

Rich in powerful plant compounds like carvacrol and thymol, Wild Oregano is a potent herb with extremely high amount of antioxidants, an important factor in supporting the body's inflammation response.*[3] The great thing about wild oregano is the benefits can be enjoyed topically as well. Many users of this Mediterranean herb experience soothing effects from rubbing the oil on their hands, feet, spine, and shins for example.*[3] Oregano oil supports healthy circulation, encouraging normal blood flow, another helpful factor.*[3] **Discover the research.**[3]

4. Rosemary

Rosemary contains rosmarinic acid, a compound that supports the immune system and the body's inflammatory response, simultaneously.*[4] It can be used topically. It has been shown to support joint health, muscle function, and circulation.*[4] It is important to note that Rosemary is well-known for its neurological health benefits.*[4] Therefore it can be useful for supporting a healthy inflammation response in the brain.*[4] **See the studies.**[4]

5. Blackseed Oil

Blackseed, or Nigella sativa, is celebrated for its powerful antioxidant properties and another ideal tool for supporting the body's inflammatory response.*[5] Black Seed oil doesn't stop there. It will also support healthy immune, heart, digestive, and respiratory functions.*[5] Thymoquinone in Black Seed has been indicated as one of the responsible compounds for these beneficial effects in the published research. **Learn more.**[5]

6. Bromelain

Bromelain is an enzyme found in pineapples, especially concentrated in the core of the fruit. There are thousands of studies to back up its use for healthy inflammatory support.*[6] It's particularly helpful with swelling and discomfort associated with injuries or surgeries, according to the research.*[6] Bromelain also supports optimal gut function, which is closely linked to overall inflammation levels and health.*[6] **Explore the science.**[6]

7. Omega-3 Fatty Acids

Omega-3s, found in fatty fish, flaxseeds, and walnuts, are essential for managing inflammation.*[7] The best-absorbed forms come from animal sources, like wild-caught salmon, because they offer DHA and EPA, critical fatty acids that help metabolize omega 3s in the body. DHA and EPA from Omega 3s are paramount for brain health, from early development to old age.*[7] They help balance the production of pro-inflammatory molecules and support cardiovascular, brain, and joint health, according to the research.*[7] **Check out the research.**[7]

8. Topical Camphor

Camphor is a natural remedy applied externally to support the body's response to pain and inflammation.*[8] Its cooling sensation on the nerve endings provides temporary relief for sore muscles and joints while increasing circulation to affected areas.*[8] **Read more about it.**[8]

9. **Magnesium**

This master mineral is essential for your body's healthy response to inflammation.*[9] It is a standout for supporting brain, muscle, heart, and bone function.*[9] Afterall, magnesium is a necessary cofactor in over 600 biochemical processes in the body!*[9] It is essential for normal muscle contraction, which is why people experience more cramping when they aren't getting enough in their diet.*[9] This issue is all too common, with more than 50% of people in the United States deficient in this critical nutrient.*[9] For ages 60+ the number of deficiencies in the population can be higher. Magnesium also supports a healthy blood pressure response, because of its relaxation effects on the heart muscle.*[9] **See the Research.**[9]

Creating Your Inflammation Support Plan

Integrating these health tips into your daily routine can help you take the benefits even further.

Incorporate The Right Foods

- Cook with coconut oil, beef tallow, grassfed butter, or 100% avocado oil only.
- Use Omega-3-rich foods like wild salmon, chia seeds, fresh organic fruit, and avocados daily.
- Reduce sugar intake and the amount of carbohydrates you eat. Increase your protein intake.

Consider Supplementation

- High-quality supplements containing Blackseed, Bromelain, and Omega-3s can provide concentrated doses that are much higher than what you would have in the diet.
- Look for trusted brands with third-party testing to ensure purity and potency, like North American Herb & Spice!

Use Topical Camphor and Wild Oregano

- Apply camphor-based creams or oregano oil to sore muscles and joints as needed for quick soothing action.

Prioritize a Balanced Lifestyle

- **Stay Active**: Regular exercise supports circulation and reduces systemic inflammation.
- **Manage Stress**: Practices like meditation, prayer, and deep breathing can lower stress-induced inflammation.
- **Get Quality Sleep**: Rest is crucial for recovery and reducing inflammation. The hours of sleep you have before midnight are even more beneficial.
- **Fasting:** The inflammation supporting effects are undeniable. Overeating can be a culprit behind excess pain in the body. Giving the digestive tract a break can make all the difference. Start with daily intermittent fasting, (16-18 hours). Some people do a 24 hour fast once a week or monthly.

Physician’s Strength Formulas Containing These Ingredients

1. Turmeric Extra Strength | Physician's Strength
2. Pain Mist | Physician's Strength
3. Infla-Ex Capsules | Physician's Strength
4. Power-Min | Physician's Strength
5. PolarVite – Gelcaps | Physician's Strength

Final Thoughts

Inflammation doesn’t have to control your life. With the right tools and a proactive mindset, you can support your body’s natural defenses and promote overall well-being. Make this plan your guide to reducing inflammation and achieving optimal health in the months ahead.

***Disclaimer**: These statements have not been evaluated by the Food and Drug Administration. This article is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a healthcare professional before making significant changes to your health routine.