

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 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.

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 InflamEX 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 1 Cap
120 – 150 lbs: AM 2 Caps; PM 2 Caps; Evening 2 Caps
150 – 180 lbs: AM 3 Caps; PM 2 Caps; Evening 2 Caps
180 – 210 lbs: AM 3 Caps; PM 3 Caps; Evening 2 Caps
210 plus lbs: AM 3 Caps; PM 3 Caps; Evening 3 Caps

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

NOTE:

Thanks to Ralf Ostertag for his input into the authorship of these factoids. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

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.

Ordering Information:

Inflam-Ex (Item #6247) 300 Capsules
(used on an as needed basis)

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

InflamEX (Item #6247)

Ingredients Explained

InflamEX has been formulated to address inflammation in its many forms and symptomology.

Licorice Root – supplies molecules easily converted to cortical hormones by the adrenal glands. This allows the adrenals to produce sufficient hormones to ease the symptoms of inflammation. All forms of inflammation are affected by the health of the adrenal glands.

Meadowsweet – The presence of aspirin-like chemicals explains Meadowsweet's action in reducing fever and relieving pain or inflammation especially the pain and inflammation of **rheumatism** in muscles and joints. It acts to protect and soothe the mucous membranes of the digestive tract, reducing excess **acidity** and easing **nausea**. It is this acid reducing characteristic that convinced us to add this herb to this formulation. It has also been used in the treatment of **heartburn, hyperacidity, gastritis** and **peptic ulceration**.

Cat's Claw - also known as *uña de gato* (its Spanish name), is a high-climbing, woody vine that grows profusely in the upper Amazon regions of Peru, Columbia, Ecuador, and other South American countries. Scientific interest in cat's claw centers on the plant's immune-boosting and anti-inflammatory properties. There is early and speculative evidence that cat's claw may have antiviral and cancer-fighting potential as well. In several laboratory experiments, cat's claw has been shown to demonstrate anti-inflammatory effects; few clinical studies of these properties have been conducted, however. One small four-week trial, reported in the 2001 *Inflammation Research* journal, found that 30 people with OA of the knee had significant relief from pain during daily activities. A number of other inflammatory conditions are also being investigated in association with cat's claw, including allergies and asthma, Crohn's disease, rheumatoid arthritis, bursitis, and tendonitis. Health Benefits

Boswellia - Major constituents: boswellic acids (pentacyclic triterpenic acids) and essential oils. Used traditionally in Indian Ayurvedic medicine to alleviate symptoms of chronic rheumatic inflammation. Boswellia inhibits the production of pro-inflammatory leukotrienes by the enzyme 5-lipoxygenase. In experimental models with lab animals slowed down or reduced the degradation of glycosaminoglycans, major components of connective tissue. We believe this herb to be one of the great anti-inflammatory herbs of the plant kingdom. No formula addressing inflammation would be complete without it.

Scutellaria or Scullcap - We have scullcap for this formulation due to a bio-chemical it contains that is known to be anti-inflammatory. It is also antifungal, particularly for Candida, and it also seems to have antiviral properties; including possible effectiveness against HIV, the virus that causes AIDS. In animal studies, scullcap has shown some effectiveness against diabetes and high blood pressure.

Borage – Like evening primrose oil and black currant seed oil, borage oil owes its healing power to the presence of essential fatty acids, the most important of which is GLA, an omega-6 fatty acid. In the borage plant, the GLA seems to calm inflammation overall, making it an attractive treatment option for arthritis and other inflammatory conditions. Researchers from the University of Pennsylvania found that high doses of borage oil (1.4 grams a day) led to a significant reduction in pain and swelling in arthritic joints when compared with cottonseed oil, which has no GLA. In a separate study, patients with active rheumatoid arthritis demonstrated fewer clinical signs of inflammation after taking GLA-rich capsules for several months, compared to those who took a placebo. Other researchers reported reduced damage to joint tissues--and less joint pain and swelling--in those rheumatoid arthritis sufferers given very high GLA doses in the form of borage oil. By interfering with the production of inflammatory substances called prostaglandins which are released during menstruation, the GLA in borage may help ease related cramping and pain. GLA and other essential fatty acids also revitalize the skin by quieting inflammation and causing blood vessels to contract.

Tumeric – The yellow pigment of turmeric rhizome (*Curcuma longa*) acts as a powerful antioxidant against active oxygen moieties. It exhibits anti-inflammatory effects equivalent to some NSAIDs in acute models of inflammation and half as potent in chronic inflammation. Tumeric also inhibits lipoxygenase and cyclooxygenase and the formation of inflammatory leukotrienes, prostaglandins and the production of pro-inflammatory peroxynitrite radicals and nitrite. Curcumin stabilizes lysosomal membranes and inhibits pro-inflammatory gene expression.

Honeysuckle Flowers - Honeysuckle is an herb used primarily in Traditional Chinese Medicine. It is found in many traditional cleansing and detoxifying blends for its ability to clear heat, wind and toxins from the blood and liver. It is commonly used for sore throat, fever, skin blemishes and rashes. Honeysuckle contains tannins which are [being studied](#) for its possible inhibitory effects on HIV. We added Honeysuckle for its ability to clear out stagnation and excess heat often associated with conditions of inflammation.

Feverfew– contains compounds that have exhibited definite anti-inflammatory properties. Recently, studies have provided some interesting information on the plant. Researchers in the United Kingdom have identified a new flavonol in the plant called tanetin, which they showed could contribute to anti-inflammatory action of feverfew. In the U.K., feverfew is also used by consumers for the treatment of arthritis because of perceived anti-inflammatory effects. This study, published in the January 1995 issue of *Phytochemistry*, provides evidence for the presence of a compound in the plant to which anti-inflammatory activity can be attributed. More research is being conducted on this important herb. Much of the research is sparked by successful traditional uses of the plant.

Coptis Chinensis – the anti-inflammatory property of coptis makes it especially effective with heat conditions associated with nervousness, anxiety, and insomnia. It stimulates the flow of bile, relieving damp heat, making it effective for hepatitis, gallstones, cirrhosis, jaundice, and venereal diseases, including herpes simplex. It is also very effective for infections, fevers, conjunctivitis, inflammation, abscesses, and hemorrhage. Useful for oral ulcers. In addition, it can be topically applied for scabies and external infections. It is also useful for more serious diseases, from leukemia and cancer to tuberculosis and typhoid fever.

Protease Enzymes – added to InflammEX for its ability to breakdown food proteins that are in the blood in their undigested form. Proteins from animal sources are especially acid forming in the system. Protease aids in the reduction of the acids produced by excessive animal food intake.

Lipase Enzymes - added to InflammEX for its ability to breakdown food lipids in the blood. Lipase soothes the tissues by maintaining proper liver function and maintaining a healthy fat metabolism. The right fats like GLA can display excellent healing properties where inflammation is concerned.

Bromelain – Mixture of digestive enzymes from the stem of the pineapple plant (*Ananas comosus*). Bromelain reduces pain and inflammation associated with arthritis, trauma, or sports injury. It prevents edema after traumatic incident or surgery. Prevents and reduces edema by inhibiting formation of fibrin within damaged tissue, allowing lymph fluids to pass with less obstruction. The enzymes may interfere with the arachidonic acid cascade, thereby impeding the formation of pro-inflammatory eicosanoids. Recent studies show Bromelain has been shown to block synthesis of kinin compounds that increase edema and pain associated with inflammation.

Quercetin – One of the most active flavonoid compounds studied. Quercetin inhibits the manufacture and release of histamine from mast cells and basophiles. It exhibits significant antioxidant activity, neutralizing free radical moieties, which can exacerbate inflammation. Quercetin has consistently demonstrated an inhibitory effect on acute inflammation in lab animal models.

Tracite – is a proprietary blend of fulvic trace minerals and when properly blended with enzymes produce a “super” delivery system of other nutrients. Fulvic acids contained in Tracite carry 60 times their own weight of nutrients, thereby delivering these nutrients more effectively to the cells. Tracite also forms a moisture barrier that absorbs moisture away from the formula’s ingredients especially protective of the enzymes and probiotics. This protective moisture barrier enhances and prolongs the enzymatic and biotic activity that increases the blend’s overall effectiveness. ***Fulvic minerals, when combined with enzymes, have the ability to target nutrients and herbs to the body areas where they are most needed.***