

ZZ
Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7
Ph: (905) 840-WELL Fax: (905) 840 -LIFE
www.drjustineblainey.com
www.blaineywellness.com

One of the Most Potent Pro-Healing, Anti-Inflammation Herbs in Existence...

And How to Boost Your Body's Ability to Process It by Up to 2000 %

There's a dangerous condition that affects the majority of the American population, and numbers are similarly high elsewhere in the Western world. Even though this condition is directly linked to many of today's most widespread and deadly diseases, people are still largely unaware of how serious the problem is, and many simply ignore it. The condition is **chronic inflammation**. The problem is that in the over-toxic, under-nourished world we're living in today, your immune system is almost certainly on HIGH ALERT 24 hours a day... 7 days a week. This puts your inflammation response into constant overdrive and causes a litany of different conditions.

Turmeric is believed to be one of the most potent healing herbs on earth.

As the Indians and other cultures discovered in ancient times, turmeric is a highly potent healing compound. Turmeric contains a compound called curcumin, and it's this substance that accounts for turmeric's powerful antioxidant and anti-inflammatory properties. As we talked about a moment ago, chronic inflammation is rampant in the USA and elsewhere in the West. That's because most people were raised on a diet high in processed foods laced with artificial chemicals and stripped of much of its nutritional value. And so many people still eat these foods every day! It's because of toxins in our food, in the air we breathe, and the water we drink. It's because so much of our soil has been depleted, so that even many "healthy" foods don't provide the nutrition and immune-boosting power they once did. Even for the most health-conscious amongst us, our bodies are literally in a constant fight. From our lungs to our gut, this chronic inflammation can create lasting and sometimes permanent damage to our bodies and immune systems. Meanwhile curcumin has become one of the most studied natural antioxidants and anti-inflammatory compounds in history. In fact over 5600 research studies have been performed on turmeric and the curcumin it contains. The most recent studies have shown that turmeric and curcumin have properties that set it apart from many other traditional herbal and medicinal plants. Its unique anti-inflammatory action

has proven as effective as other medications for treating high inflammation conditions. On its own turmeric is something you definitely need more of in your diet... decreasing chronic inflammation and reducing the chances of long term effects should be on everyone's short list. But there's a whole lot more to the story.

1. Maintain Healthy Inflammation

The main healing compound found in turmeric, curcumin helps curb inflammation and decrease specific fibroblasts found in patients with the chronic inflammatory disease rheumatoid arthritis.

2. Enhanced and Elevated Mood

In a recent study researchers found clear evidence that the compounds in turmeric helped maintain healthy mood and disposition in patients experiencing a MDD (Major Depressive Disorder) and found it safe to add to existing treatments.

3. Maintain Healthy Joints

In addition to lowering overall pain and inflammation, curcumin has been shown to reduce pain and inflammation in a breakthrough study of patients with osteoarthritis. This study shows that adding curcumin can help maintain healthy joints.

4. Promotes Heart Health

New studies are now emerging showing the potential of turmeric and curcumin to possibly aid in helping maintain a healthy cardiovascular system.

Maintains Healthy Lung Function

A study showed curcumin as an effective addition to traditional asthma treatments by lowering the inflammation response in bronchial asthma sufferers. .

3 Critical Factors For Using Turmeric To Help Decrease Inflammation:

Critical Factor #1: Turmeric on its own has the potential to help maintain healthy inflammation and oxidation levels in the body, as research has shown. But it's even more powerful when combined with other herbs that enhance its bioavailability even more.

Critical Factor #2: Finding the right dosage when using turmeric in cooking or in medicinal teas is extremely important to making sure you're getting the right amount into your system to make a real difference.

Critical Factor #3: Much like critical factor #2 you also need to make sure you're sourcing your turmeric root or dried extract from the highest possible quality supplier. Ground turmeric that's been sitting in a warehouse for weeks will be much less potent than fresh ground roots.