



The Health Zone
“Keeping in touch with you”
January 2006

INFLAMMATION-DEFINED

Taken from published articles written by medical doctors

More and more information is accumulating that indicates inflammation plays a major role in the development of many diseases such as cancer, arthritis, psoriasis and heart disease. Research indicates there may be a connection between inflammation and allergies, asthma, bowel diseases and some autoimmune diseases.

There are two different kinds of inflammation. Number one is referred to as the “classical” inflammation, which is related to injury or by the immune system attacking itself. The second type is called silent inflammation and may affect various levels of tissue throughout the body.

In the case of type one inflammation, after an acute injury, the first reaction of the body is a natural response to trigger the immune system to begin the healing process. In the case of the silent inflammation, there is no pain experienced, so there is no effort or action taken to stop it or control it until it reaches the advanced stages and creates physical problems such as heart disease, cancer, arthritis or some other serious illness.

Both types of inflammation are connected to enzyme responses. These enzymes are referred to as COX 1 and COX 2, enzymes. When pain is connected to the inflammation, doctors will prescribe medications to ease the pain. Some of these pain medications have been removed from the market because of serious side effects. Some people purchase over the counter pain pills, such as aspirin, or a host of other pain medications which are readily available. All of these pain medications are

referred to as NSAIDS, and are COX inhibitors. This means that they block the enzymes from doing what they are designed to do. There is documentation to the effect that more people die each day, from using correct dosage of anti-inflammatory drugs, then die from AIDS. This is because anti-inflammatory drugs operate downstream by trying to inhibit the formation of pro-inflammatory enzymes.

The remedy for this is to keep the anti-inflammatory and pro-inflammatory enzymes in balance. This is done best by diet and/or nutritional supplements. It is necessary to give the body the nutrition it needs to fight the inflammation on its own. At Gifts of Nature, we have many products to help with these problems. The product you would need would depend on which glands or organs need support. If you have questions, please do not hesitate to call. We will be happy to help you in any way we can.



LET IT SNOW!!!!

HEALTH AND FORGIVENESS

At the beginning of the New Year our thoughts turn toward New Year resolutions. As my own thoughts were drifting in that direction, I received the December issue of the Mayo Clinic Health Letter. I opened it up and was surprised to read "Forgiveness and Health." I was excited to see nationally recognized doctors tying health to the concept of forgiveness. Then I thought what a wonderful new years resolution. I wish all of you could read the article. It is great information.

We hear forgiveness preached from the pulpit at church and we read about it in books, but when highly respected doctors like those from the Mayo Clinic say it there seems to be a different ring to the word.

We are all faced one time or another with hurtful situations. Maybe it's a divorce, a difficult situation at work or just someone's unkind words or actions. The pain is very real, but harboring negative feelings and thoughts can influence your psychological and physical health.

The doctors say there is evidence that holding a grudge can have an effect on the cardiovascular and nervous system. The article tells of tests done on college students that were asked to focus on a grudge. Doing so elevated their blood pressure and heart rates. In the same study, students experienced increased muscle tension and feelings of being in less control.

Improvements in psychological, emotional and physical well being have been noted where forgiveness has been taught to different groups of people, including children and women who have been abused, elderly people who felt neglected, and people whose partners have been unfaithful.

Another study found that people who were less forgiving reported a higher number of health problems compared to people in the study who were more forgiving. An association also has been observed between high levels of forgiveness and low risk of nicotine dependence and drug abuse.

With the challenges we face daily, it seems that forgiveness might be a good thing to add to our New Years resolutions. It seems to change one's outlook on life and create spiritual and physical uplift.

DID YOU KNOW THAT:

****Walnuts can thin your blood and help prevent clots.***

****Bananas can calm a chronic cough.***

****Strawberries can reduce stress and calm anxiety.***

****Peppermint calms cranky bowels or just try some Super Aloe.***



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