

Anti-inflammatories

Whether it's inflammation that arises from an immune system response that's out of control, improper sitting that causes low back pain, eating junk and fast foods that cause the body to do extra work in the digestion track, catching a cold, or spraining your ankle, all cause the body to come to the aid of the ailment and trigger a chain of events called the inflammatory cascade. The usual signs of common inflammation are swelling, pain, heat, and redness. These are all signs of the body trying to fix itself.

We could take prescription medications such as anti-inflammatories, muscle relaxants, and pain pills. All are designed to help the body relax, hide the pain, and reduce swelling while the body is recovering from the injury and thus the inflammation. However, many medications cause side effects and may cause other problems with the body.

To keep life simple, I have found success with the use of turmeric and ginger herbs made into a tea that offer support as an anti-inflammatory (also carrying properties of an antioxidant).

I drink turmeric/ginger tea mixed with some apple cinnamon tea every day to help offset the biting taste of the ginger. I make about 20 ounces each morning and continue to drink it all day. As it cools down, I continue to drink it at room temperature. Not only does it taste good but it helps reduce the inflammation and helps keep the body hydrated.

I hope you might give it a try and see how you like it. Note if you are really serious about the project then consume 40 ounces of hot or warm tea per day for optimal results. By the way, this drink contains no caffeine which also causes problems in the body.

Added note..... the Ikarians who live on an island in the Mediterranean Sea have an unusually high number of centenarians in their midst and have been drinking turmeric and ginger tea for centuries. The Ikarian diet: Vegetables from the garden, legumes and greens, and plenty of olive oil. If you would like to learn more about these unique, long living people click on the link below and it will take you to a New York Times article titled "The Island Where People Forget to Die".

http://www.nytimes.com/2012/10/28/magazine/the-island-where-people-forget-to-die.html?pagewanted=all&_r=0

February 14, 2015