

# MANAGING PAIN, NATURALLY

Bumps, bruises, twists, cuts, strains and sprains. Everyone suffers from one or the other at some point. Just going about our lives is ample opportunity for minor scrapes and major injuries. Often, the initial immune reaction to injury or infection is inflammation and/or swelling.

## INFLAMMATION VS. SWELLING

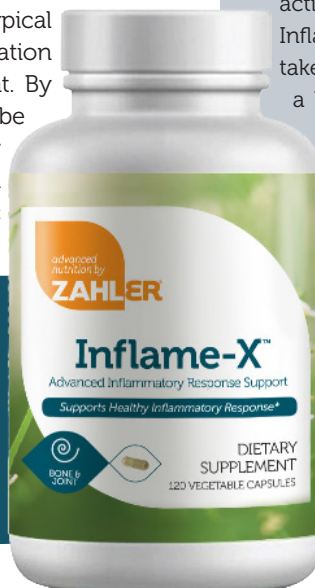
While often used as synonyms, inflammation and swelling are two distinct immune reactions that often come together. Inflammation is the body's response to injury or infection. The redness and swelling at the site are the accumulation of white blood cells doing their work. Swelling, on the other hand, is caused by the accumulation of fluid in tissues throughout the body or in a specific region. As a result, swelling can occur in the body with or without inflammation.

**There are two types of inflammation: acute and chronic.** Acute inflammation occurs immediately after the injury and usually lasts for a short time. Chronic inflammation is different. It may last for months or even years. When the cause of acute inflammation is not properly addressed, the swelling may become chronic.

## SYMPTOMS OF INFLAMMATION

There are five main symptoms of acute inflammation: pain, especially upon contact, redness, because of increased blood supply to the area, difficulty moving, swelling, and heat. These five symptoms are visible only when the injury or inflammation is close to the surface of the skin. An internal illness, such as pneumonia, will only exhibit some of the typical inflammatory symptoms. Symptoms of chronic inflammation are different. The symptoms are not immediately apparent. By the time symptoms are noticeable, the condition may be serious. Therefore, it is important to be on the lookout for long duration of pain, allergies or asthma attacks, high blood pressure, high blood sugar levels, IBS or ulcers, chronic fatigue, skin problems, and/or red eyes.

Inflammation can be painful and limiting. Still, it is important to remember that some inflammation is necessary for the healing process. Yet, swelling and inflammation should never be allowed to go unchecked. **Inflame-X™** makes use of nature's greatest healers and supports healthy inflammatory response.



## INTRODUCING INFLAME-X™

**Inflame-X™** from Advanced Nutrition by Zahler supports the body's normal response to occasional soreness and chronic inflammation by helping the body balance its natural inflammatory reaction.



WILLOW BARK

Carefully crafted from powerful plant extracts, **Inflame-X™** works with the body's natural responses.



YUCCA ROOT

**Inflame-X™** contains White Willow Bark, Turmeric, Yucca Root, Indian Frankincense, Ginger and more, all of which are powerful fast-acting ingredients.



TURMERIC

**Inflame-X™** can be taken as needed or on a long-term basis to support the body when dealing with occasional pain and inflammation. It is also helpful to supplement with Omega 3 and green tea as both contain anti-inflammatory properties.



INDIAN FRANKINCENSE



GINGER

