

Inflammation

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Natural response to injury or infection. Affected area swells, reddens, becomes warm and tender, and becomes painful.

Alfalfa- Internal Purposes: Alfalfa is a popular place of origin for minerals & chlorophyll.

Aloe vera juice- Internal Purposes: The aloe vera can reduce the swelling, redness, and pain included with inflammation.

Bilberry- Internal Purposes: Flavonoids are contained in bilberry that can lessen inflammation.

Boswellia and Turmeric (curcumin)- Internal Purposes: These two herbs have been said to alleviate inflammation.

Echinacea, Ginger, Goldenseal, Pau D'arco, Red Clover, and Yucca- Internal Purposes: These six herbs make an excellent choice in diminishing inflammation. Cautions: Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been told you are allergic to ragweed.