

# 7 SIMPLE SOLUTIONS FOR CHRONIC INFLAMMATION (AND 3 RARE SOLUTIONS)



  
**BY ADAM ROTH**

## **Turmeric**

This golden spice has been used for thousands of years, both as a tasty flavoring in many famous meals, and in medicinal preparations. It is anti-bacterial, anti-microbial, an anti-oxidant, and anti-inflammatory. Because of this, it is used to treat hundreds of different diseases.

The most studied herb in relation to its effects on inflammation may be turmeric, as we have hundreds of studies to choose from. A review in the journal [Molecules](#) showed how it plays a key role in the prevention and treatment of chronic inflammation diseases, while the healing mechanism is shown in a paper in the [Journal of Biological Chemistry](#).

## **Ginger**

Similar to turmeric, ginger has also been used for 1,000's of years in both culinary and medicinal applications, with the Indians & Chinese in particular having a history of using it for over 5,000 years. Interestingly, the origins of ginger are unknown, as it does not grow in the wild.

A meta-analysis published in the journal [Nutrients](#) conducted a comprehensive systematic review of 109 randomized control studies with ginger, and all relevant studies showed improvements in lowering inflammation levels. Another review in the [International Journal of Preventative Medicine](#) focused specifically on anti-inflammatory and anti-oxidative effects, and they also came to the same conclusion.

## **Lemons**

Staying on the path of plants with a murky origin, the lemon is another inflammation remedy where the origins of the plant are unknown. We do know that it was used in ornamental gardens due to it's bright and

attractive appearance, before its medicinal value was discovered, including James Lind using it (for its vitamin C content) to battle scurvy.

A study in the journal of [Immunopharmacology and Immunotoxicology](#) found that the lemon mucilage produced significant decreases, while a review article in the journal [Frontiers in Immunology](#) looked at all lemon (and citrus) components and found that it primarily used the mechanism of limiting oxidative stress to reduce inflammation.

## **Pomegranate**

This fruit may be the most delicious way to reduce inflammation in the body. It is actually a berry, and is very famous in both Biblical and Islamic traditions, as well as being known as the “fruit of the dead” in Greek mythology, as it is said to have arisen from the blood of Adonis.

A paper in the journal [Nutrients](#) looked at 80 studies relating to pomegranate juice and inflammatory disease, and found it to be a great anti-inflammatory agent. But it’s not just the juice that works, as a review in the [ECAM Scientific Journal](#) showed that the peel, flowers, seeds and juice all produced significant anti-inflammatory activity.

## **Green Tea**

Tea is one of the most popular beverages of our time, but you may be shocked to find that it only came about by accident. The first time green tea was drunk was back in 2737 B.C. when Chinese Emperor Shennong mistakenly drank water that had a dead tea leaf boiled in it. He found the flavor refreshing, and that is how we came to drink tea.

A review of the anti-inflammatory action of green tea was published in the journal of [Anti-inflammatory & Anti-allergy Agents in Medicinal](#)

[Chemistry](#), and found that green tea improved the quality of life in patients with inflammatory disease, had beneficial health effects, and no serious adverse events. A study in the [Food Science and Human Wellness](#) journal found that green tea polyphenols were particularly good for preventing and healing inflammatory bowel diseases.

## **Blueberries**

All berries (including pomegranate above) are great for fighting chronic inflammation, but of all the traditionally known berries, blueberries may be the best of the bunch. They are packed full of antioxidants called flavonoids, which are brilliant inflammation fighters, as well as other chemicals which provide immune modulation to reduce it too.

One such chemical is pterostilbene, a polyphenol found in blueberries, and a study in [The FASEB Journal](#) showed it ameliorates colonic inflammation. But it helps inflammation in many parts of the body, including the eyes, as shown in a study in the journal [Oxidative Medicine and Cellular Longevity](#), where the anthocyanins (the blue pigments in blueberries) were responsible for the positive effects.

## **Broccoli**

The inflammation fighting broccoli surprisingly comes from the cabbage family, and is usually cooked to give a better taste, however it can be eaten raw to get the sulfur-containing glucosinolate compounds, which have numerous health benefits, but are diminished when boiled.

A study in the journal [Clinical Nutrition](#) from Scotland on overweight subjects found that consumption of broccoli significantly decreased their inflammatory markers, while a study in the [Preventative Nutrition](#)



[and Food Science](#) journal showed that the broccoli florets exerted potent antioxidant and anti-inflammatory effects.

## **Pau D'arco**

It might sound like a strange name, and that is because it comes from a strange place. Pau D'arco is the inner bark from the Tabebuia trees that grow in the Amazon rainforests in South America. It has significant amounts of the antioxidant quercetin, and has been used for centuries in local medicinal applications, treating a range of different diseases.

A study in the [Journal of Ethnopharmacology](#) showed that Pau D'arco demonstrated a profound ability to block the production of pro-inflammatory compounds known as prostaglandins. A mice study in the [Molecular Medicine Reports](#) journal found that it led to significant anti-inflammatory effects, inhibiting inflammation in mice by up to 50%.

## **Licorice**

Licorice extracts have been used in herbalism and traditional medicine for thousands of years, especially in Chinese Medicine and Ayurveda, and in particular, specifically for inflammation. Its sweetness comes from the compound glycyrrhizin, which is around 50 times sweeter than sugar, yet the sweetness is sharper and longer lasting.

The journal [Pharmaceutical Biology](#) has a great article on the anti-inflammatory activity of licorice, where they reviewed 93 papers with the proven mechanisms of action. A study in the journal [BioMed Research International](#) noted that licorice extracts prevented oxidative damage, and protected against both acute and chronic inflammation.

## Frankincense

Also known as Boswellia, Frankincense is a resin from the Boswellia genus of trees. Its aroma made it popular for use in incense and perfumes, but it also has been used for both spiritual and medicine purposes dating back to the ancient civilizations. It was used in religious sacrifices, exorcisms, and even in the Egyptian mummification process. It is most famous as one of the 3 gifts to the baby Jesus in the Bible.

A systematic review of frankincense published in the [British Medical Journal](#) assessed the evidence gathered in multiple randomized clinical trials. They found that it had many anti-inflammatory ingredients, inhibited pro-inflammatory processes, and was effective in treating a range of conditions caused or maintained by inflammatory processes. A study in the journal [Nature Chemical Biology](#) found that frankincense prevented the release of leukotrienes, a compound which causes inflammation, most notably through the boswellic acid it contains.

**For further information on sources of chronic inflammation and solutions to banish it from your life, please visit [HealthGlade.com](https://www.healthglade.com)**