

# How to reduce your inflammation and reduce your intake of anti inflammatory pain killers—Your information guide—

## What You Don't Know About Inflammation Can Quietly Kill You

**You probably know the basics about inflammation.** If you've ever been stung by an insect, fallen off your bike as a kid, broken out in hives, or come down with a nasty cold, then you know what acute inflammation is like. And you know that your body responds to this type of an "assault" in the form of bruising, swelling, itching, aches, and pains.

In simplest terms,

Inflammation is the body's immediate first-aid reaction to heal itself from some type of damage caused by a virus, bacteria, fungus, environmental toxin, or an injury. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.

### **Being able to recognise the difference between temporary and chronic inflammation could save your life**

Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected, or symptoms are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-emergency state—and the inflammation process turns off.

Inflammation becomes chronic when the body has to continuously fight off a repeated offender, such as, for instance, in arthritis or any other inflammatory joint disease. **At this point, the body's inflammation process fails to shut down.** When this occurs, the body is weakened over time because it is overstressed.

The inflammation process can be compared to a light bulb. When left on continuously, the light bulb will burn out a lot quicker than if it's turned off during non-use. When the inflammation process fails to turn off, the immune system becomes compromised because it is simply overworked and overused. Once the immune system is compromised, ALL forms of chronic disease can occur—not just inflammatory diseases. That's why diseases seemingly unrelated to inflammation occur. These include, but are certainly not limited to:

- Type 2 diabetes
- Obesity
- Cancer
- Heart disease
- Stroke
- Alzheimer's disease
- Parkinson's disease
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Lupus ...And many others

## **So, while inflammation may not be the visible, obvious cause of these illnesses, it is the catalyst for chronic disease.**

**That's why chronic inflammation is being labelled the 21st century's silent killer.** Unlike its acute form, chronic internal inflammation can occur undetected because it falls just below the radar of pain and visible swelling.

You feel nothing, or you may experience vague, unexplained symptoms for which there are no conventional answers. Lab results may continue to come back normal leading you from doctor to doctor in frustration. And while you search for answers or even ignore your symptoms altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

### **The 18 chronic inflammatory medical conditions to most likely cause permanent and severe damage to your body:**

- Rheumatoid arthritis.
- Osteo-arthritis
- Spondylosis
- Fibromyalgia
- spinal stenosis
- Raynauds disease
- Lupus
- Bursitis
- Paget's disease
- Polymyalgia rheumatica
- Psoratic arthritis
- Osteoporosis
- Spondylolithesis
- Gout
- Bahcets syndrome
- TMJ
- Tennis elbow
- Tendonitis

### **Your immediate and future health and life depends on you finding a way to slow down the inflammatory process in your body**

Simply put, by **Dr. Sears** (author of the *The Anti Inflammation Zone*)

**If you have inflammation, you cannot be well.** Chronic inflammation has become an epidemic in the UK and it threatens to overburden the healthcare system and destroy many future lives with the most serious chronic, degenerative diseases.

The key to optimal health and disease prevention is to detect chronic inflammation and treat its root causes promptly and effectively. You can proactively prolong your health—and your life—by preventing your body from entering into a state of chronic, untreated inflammation.

## **The truth is there is no “overnight fix” for chronic inflammation.**

In order to effectively put a stop to chronic inflammation and the potential for future disease, you need to find the true, hidden culprits and either control or eradicate them altogether. **Protecting yourself against chronic disease requires changing the way you think about your health.** Many people sacrifice their long-term health because they simply want their symptoms to go away, so they rely on painkillers to mask the symptoms, instead of dealing with the underlying causes that assault their bodies on a continual basis

Effective therapies to treat the underlying causes of chronic inflammation may take several weeks, months, or even years. While this may seem like “forever,” it is actually only a short period of time when it comes to increasing the quality of your overall health—and your lifespan.

### **Adequate treatment involves a multi-faceted approach:**

- Eradicating foreign agents— Treating any infections in the body quickly and effectively**
- Reducing the body’s inflammatory response— Treating the body with anti inflammatory drugs or alternative anti inflammatory treatments**
- Resolving nutrient deficiencies— Replacing lost nutrients, vitamins and minerals by taking additional high nutrient foods or vitamin and mineral supplements**
- Making dietary adjustments — Including dietary supplements that have known anti inflammatory properties such as omega 3 fish oils, MSN, Green lipped mussel, chondriotin and glucosamine**

### **WARNING: Anti-inflammatory painkillers are NOT the answer to chronic inflammation**

Despite the popularity of the various Non Steroidal Anti inflammatory drugs (NSAIDs), their safety is not guaranteed. Long-term use of NSAIDs causes around 10,000 deaths in the U.K. annually. In addition, over 40,000 users are hospitalized each year, suffering from the side effects of NSAIDs.

Side effects include gastrointestinal complaints (bleeding, nausea and vomiting), liver damage, stomach ulcers, allergic reactions, immune system depression, mental confusion and kidney failure. Adverse drug interactions are common and central nervous system toxicity can occur with some of the NSAIDs.

Patients receiving corticosteroids and NSAIDs together have a 15 times greater risk for peptic ulcer disease than those who are receiving no medication.

Vioxx, which is much more expensive than common arthritis drugs, is also no better than earlier NSAIDs in terms of undesirable gastrointestinal side effects. Based on evidence of a large clinical trial, researchers found there is a stronger chance than previously thought for users of Vioxx to develop ulcer problems.

The trial compared patients taking Vioxx with patients taking ibuprofen and Voltaren (also known as diclofenac). The results showed that there is, in fact, no difference among the three drugs when it comes to gastrointestinal illness. Many arthritis sufferers taking Vioxx have found that the gastrointestinal problems they had with NSAIDs still occur when taking Vioxx.

If you are using any of these types of drugs, you would be wise to try and minimise your use as much as possible. The longer you remain on NSAIDs the more damage occurs. The most common cause of death from NSAIDs is renal failure, due to long term use.

**The most efficient way to reduce the inflammation, which is surging all around your body, is to strategically place super strength magnets directly each individual damaged area**

By wearing a super strength magnets placed strategically around your body to contact with all of your 'problem' areas 24 hours a day 7 days a week, you will noticeably reduce the inflammation and the associated pain, swelling, redness and stiffness in your body.

Once the inflammation is reduced the circulation and blood flow will automatically increase and fresh nutrients and oxygen will flood the area to start repairing the damage that the inflammation has caused.

**CAUTION: Placing magnets in only one area (e.g. the wrist), even super strength ones, alone will not be sufficient to halt or considerably slow down the ongoing onslaught of the inflammatory process, you will need additional magnets...**

Frankly,

If you use magnets in only one area of the body, e.g. a bracelet on your wrist, or a ring on your finger, the inflammation, swelling, stiffness and pain you have will remain *totally unchanged*. This is because magnets only work in the local area around which they are placed.

**Virtually every single case** (9 times out of 10) where magnets have not worked for a person, the reason is because the person has not used them correctly. If you are not using your magnets correctly *you will not receive any benefits what so ever*.

In order to, substantially slow down or halt the, permanently switched on, inflammatory process you need to treat each damaged area separately. This may mean placing magnets super strength magnets in several different places on the body, if you have multiple problem areas.

**I cannot stress this point enough!**

**Two other natural ways to slow the inflammation onslaught :**

Eat Healthily:

The foods you choose can either promote or prevent inflammation. Foods containing arachidonic acid, such as eggs, organ meats (including liver, heart and giblets), beef and dairy products promote inflammation. Through a complicated process the body breaks down arachidonic acid into inflammatory compounds, including the hormones, prostaglandins and leukotrienes that control the mechanisms of inflammation, constrict blood vessels and promote blood clotting.

Overcooked food or foods cooked at high temperatures (including chips, blackened and/or barbecued foods, fried chicken — high-heat frying or deep-fried foods) incite the inflammatory response because they create advanced glycation end products (AGES), something the body treats as an invader. As the body tries to break these AGES apart, immune cells secrete large amounts of inflammatory cytokines.

Many of the diseases that we think of as part of aging are actually caused by this process. Depending on where the AGES occur, the result can be arthritis, heart disease, cataracts, memory loss, wrinkled skin or diabetes complications, to name a few.

Eat at least 5 servings of vegetables and fruit every day. These are foods that have a low rating on the glycemic index — meaning the body takes longer to break them down into blood glucose — and are the best choices for reducing inflammation.

Extra virgin olive oil is the safest oil sold in your local supermarket or grocery store. Avoid processed foods of all types, they should be labelled, “Warning inflammation will occur if you eat this.”

Get a good nights sleep:

During sleep, the body regenerates and the immune system calms down. Lack of restorative sleep is a major promoter of inflammation. People with rheumatoid arthritis or other autoimmune disorders know this, because lack of sleep due to pain associated with their condition promotes further flare-ups and more pain. Adequate rest is essential when battling inflammation.

### **In conclusion:**

Your best weapon against inflammation is knowledge and foresight. If you are aware of the silent process that is going on in your body, you will be able to take action before the damage becomes irreversible.

If you have already suffered with chronic inflammation for many years it is never to late to do something to help. If you haven't; already developed any of the serious diseases listed you still have a chance to slow down the process.

**I urge you to read this and not to run screaming for the hills, but to take positive and decisive action NOW, to safeguard your immediate health and your future life span.**

## **How to reduce the amount of Brufen you take each day, without your pain returning...**

The British Heart Foundation reported on the 2nd June 2006 the results of a study performed by the British Medical Council. The study reviewed the 2 most widely used anti inflammatory painkillers, Ibruprofen and Diclofenac.

The medical director of the BHF commented:

*“This study adds to the mounting body of evidence that taking high doses of non steroidal anti inflammatory drugs (NSAIDS) increases the chances of having a heart attack.*

*Doctors and patients should work together to find satisfactory alternatives wherever possible to keep the dose of NSAIDS to a minimum, particularly in patients with known vascular disease.*

*Further studies are urgently needed to define whether the risk applies to all NSAIDS or whether some are safer than others.”*

You will almost certainly have read or heard about this latest ‘**painkiller scare**’ on ITV, the BBC or in one of the major newspapers which have covered the announcement made by the British Medical Journal.

### **If you managed to miss it, very quickly here are the main points:**

Taking Brufen (Ibuprofen) or Voltarol (Diclofenac) regularly each day, for long periods of time, increases your risk of heart disease and stroke by 40%.

The increased risk is predominantly for those people who take the maximum dose of these anti inflammatory pain killers 3 times a day.

People taking the maximum daily doses should seek advice on alternative pain killing drugs or alternative pain relief methods to reduce their daily consumption of Brufen or Voltarol

### **Reduce your intake of Brufen and reduce your risk of heart disease and stroke**

The British Medical Journal is not trying to alarm you or scare you about the dangers of anti inflammatory drugs. They are simply trying to raise awareness in those who are at highest risk so they have the choice as to whether to consider alternative methods of pain control.

### **Your alternatives to Brufen or Voltarol are:**

You can help to reduce your daily intake of Brufen or Voltarol by using a combination of drug free and natural treatments which are known to reduce pain and inflammation (the same 2 things that Brufen and Voltarol do).

When used in conjunction with your anti inflammatory drugs they will enable you to reduce the amount of tablets you take each day and therefore reduce the risk to your health.

### **The treatments are:**

- Massage therapy. Your pain and swelling will be eased by applying gentle but firm massage for just a few minutes 3 times a day.
- Magnetic therapy. Placing high strength magnets directly over your area of pain will reduce the inflammation in your joints and improve your blood flow to the affected area. This combination will very effectively reduce pain and swelling.
- Using ice and heat therapy. You should not use heat without ice as heat alone can increase inflammation. For you to feel the best results you should use a combination of 5 minutes heat followed by 5 minutes of ice. The heat will relax the muscles and the ice will reduce the inflammation.
- Nutritional supplements. You may already be taking regular supplements to help your joints, but if you aren't then you absolutely must add them into your daily diet.

## **Now you can get all the benefits of Brufen without any of the risks or side effects**

By using just one of the treatments listed above you will increase your chances of being able to reduce the amount of Brufen or Voltarol that you take.

However if you use a combination or even better still all of the treatments together you will almost certainly make a monumental difference to the amount of pain your are suffering and as a direct result you will without doubt be able to reduce your dependence on pain medication.

Best of all, the alternative treatments above are natural and drug free, they have no harmful side effects and do not interfere with any existing treatments you may be receiving.

### **In short this is how you would use massage/ heat /ice therapy to reduce your intake of brufen:**

You would need to spend no more than 15 minutes twice a day using this method.

- First you need to gently massage the affected area for 5 minutes to relax the sore muscles and increase the blood flow to the area.
- Immediately after massaging you apply a heat pack for no more than 5 minutes. This continues the process of relaxing the muscle plus helps to release trapped nerves (especially the sciatic nerve).
- You then need to apply an ice pack straight away, after removing the heat, for another 5 minutes. The cold will soothe the area after the massage and heat plus most importantly ice will help to reduce swelling.

**WARNING: You should never use heat alone as it can cause inflammation to increase. Always use it with ice to counter act any problems.**

**That's it very simply in a nutshell.**

What makes this so effective is that the massage, heat and ice actually prepare the muscles and tissues for the magnetic field and aids the penetration. When you use all 4 of these treatments together you will see a very rapid improvement in your pain and swelling. Sometimes in just 1 or 2 days.

## **In conclusion**

Whichever method you choose, the key message from doctors is to try reduce your daily intake of Brufen or Diclofenac. Even if you only manage to reduce your intake by one or two tablets a day it can make a tremendous difference to your risk of developing heart disease. Remember the more tablets you take the higher your risk becomes.

Using the methods described in this guide may well enable you to stop taking NSAIDS completely or may just reduce the amount you take each day, ether way it will go a long way to preserving your health and future. Now, click on the link below to get your hot/cold pack and massager  
<http://www.worldofmagnets.co.uk/shop/products.php?cat=17>