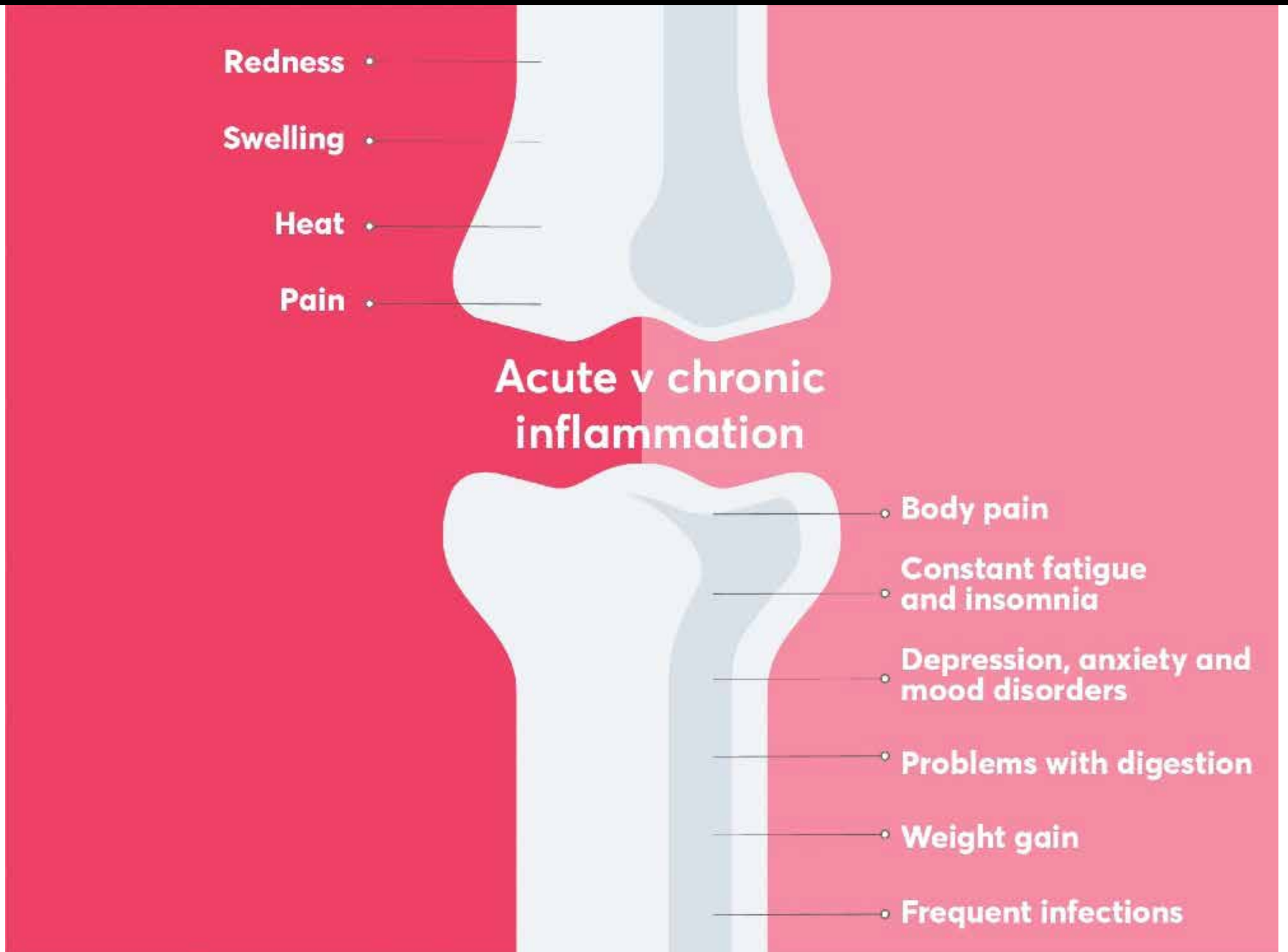
INFLAMMATION IN THE BODY



WHAT CAUSES INFLAMMATION

Your food choices

↓

Compromises your gut health

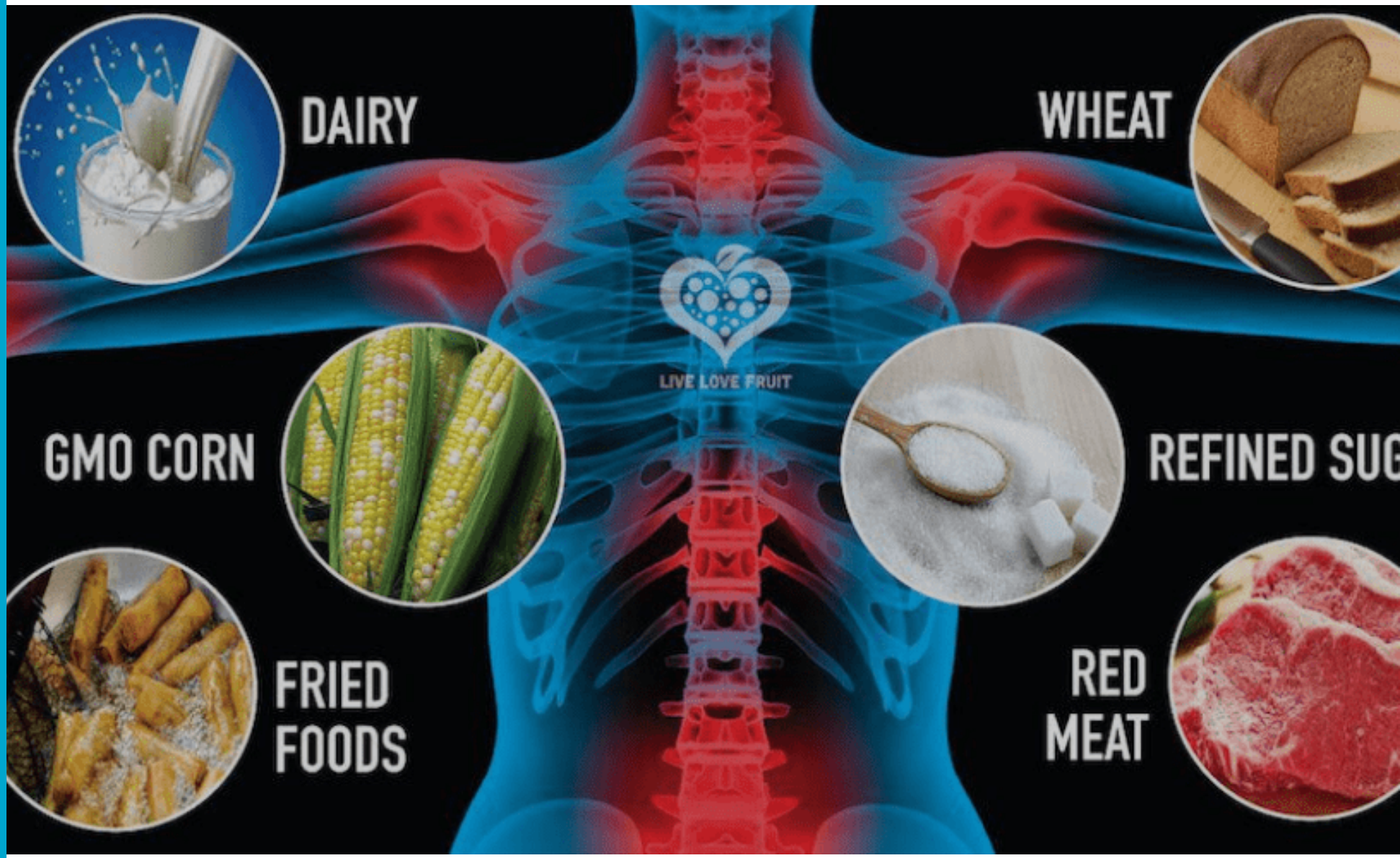
↓

Inflammation

↓

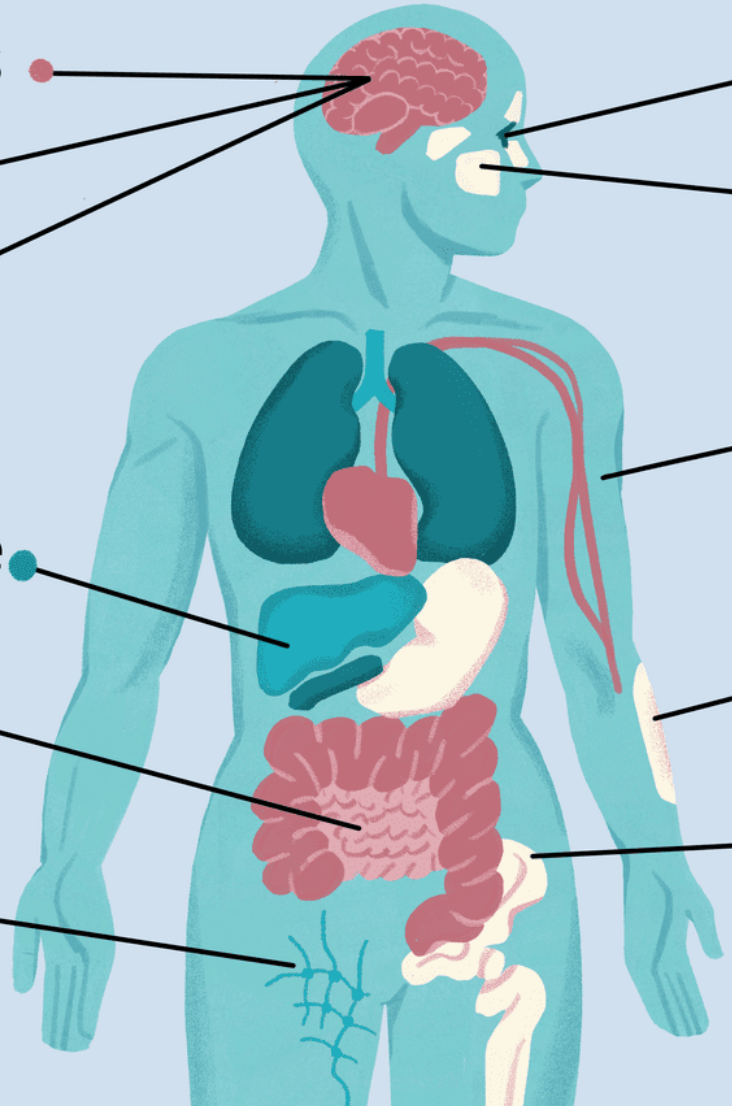
Leads to increase of fatigue and chronic health conditions.

WHAT CAUSES INFLAMMATION



THE WARNING SIGNS

Possible Signs of Chronic Inflammation



- Balance Problems
- Brain Fog
- Low Energy
- Insulin Resistance
- Poor Digestion
- Swollen Lymph Nodes
- Dry Eyes
- Excess Mucus Production
- Blood Clotting Problems
- Skin Symptoms
- Low Back Pain

DOs AND DONTs

Eat nutrient dense, real foods. Natural, unprocessed, veggies, fruits, berries, healthy fats, grass fed meats, wild caught fish seafood, herbs and spices.

Avoid all packaged processed non-foods. No sugar.

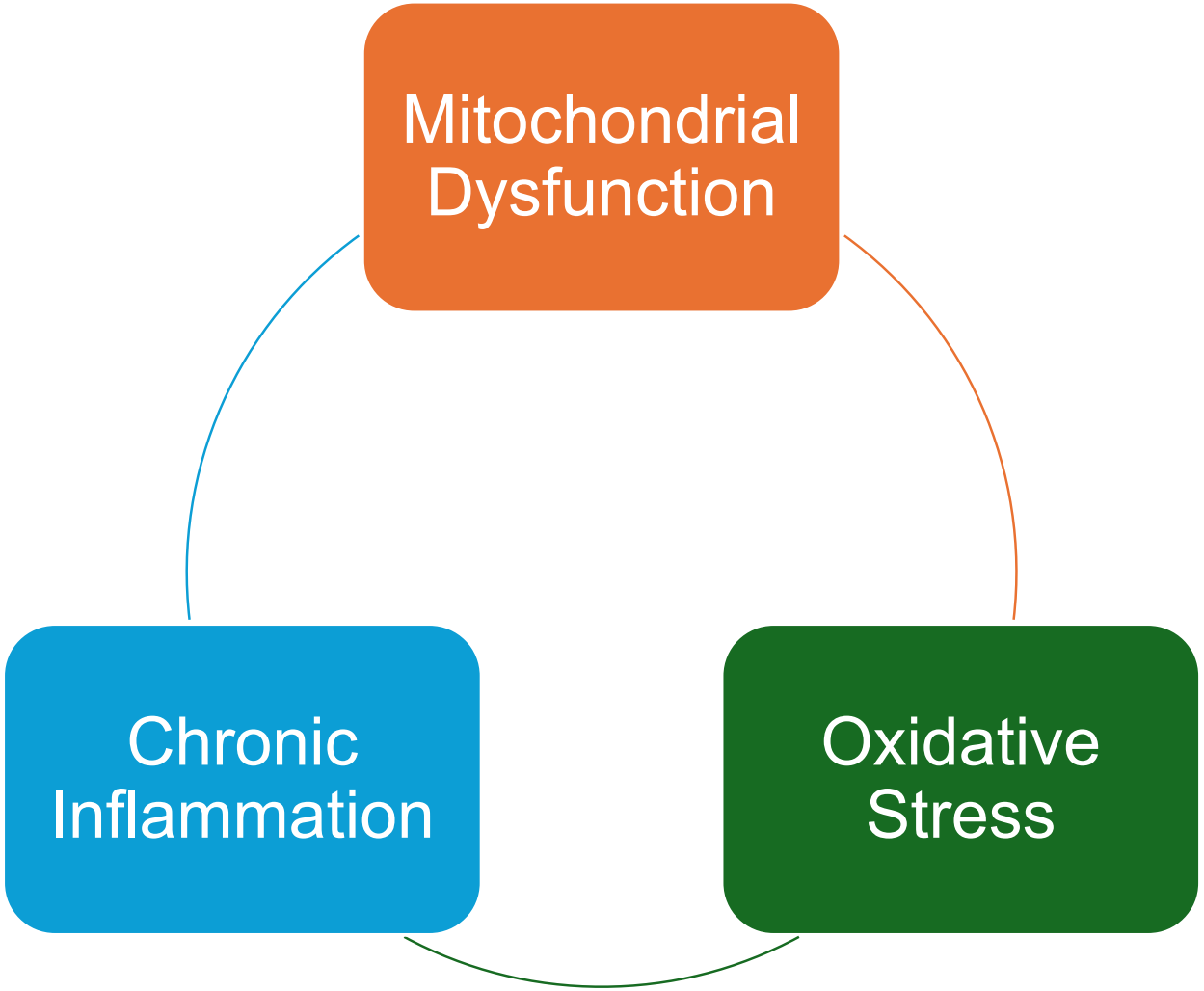
Metaboli c Health

Science has shown that our environment can lead to metabolic dysfunction, and we all need to take an honest stock of how those factors are playing out in our own lives.

- Food
- Sleep
- Movement
- Emotional health
- Toxins
- Relationship with light
- Relationship with temperature (sleeping)

We can then choose a few to start moving in a different direction.

Metabolic Dysfunction



Nitric Oxide

- Nitric Oxide is a physiological compound of the human body that dilates blood vessels, stimulates hormone release, regulates neurotransmission and acts as a signalling molecule.

- People with low levels of Nitric Oxide are at a greater risk for high blood pressure, coronary artery disease, impaired vision, depression and cognitive decline.

- In fact, impaired blood flow to the brain from nitric oxide deficiency may play a role in age-related dementia.

FOOD

- Eating a healthy diet rich in foods containing natural nitrites and nitrates is the best way to get what your body needs to make nitric oxide.
- Such as - Kale, Swiss chard, spinach, Beets, cabbage, raw cauliflower, parsley

Exercise and physical activity

- Exercise and physical activity can improve circulation through various mechanisms, such as the increment of nitric oxide (NO) production, by affecting vascular endothelial nitric oxide synthase, and reducing reactive oxygen species (ROS).4 Oct 2022

We are EITHER in a state of

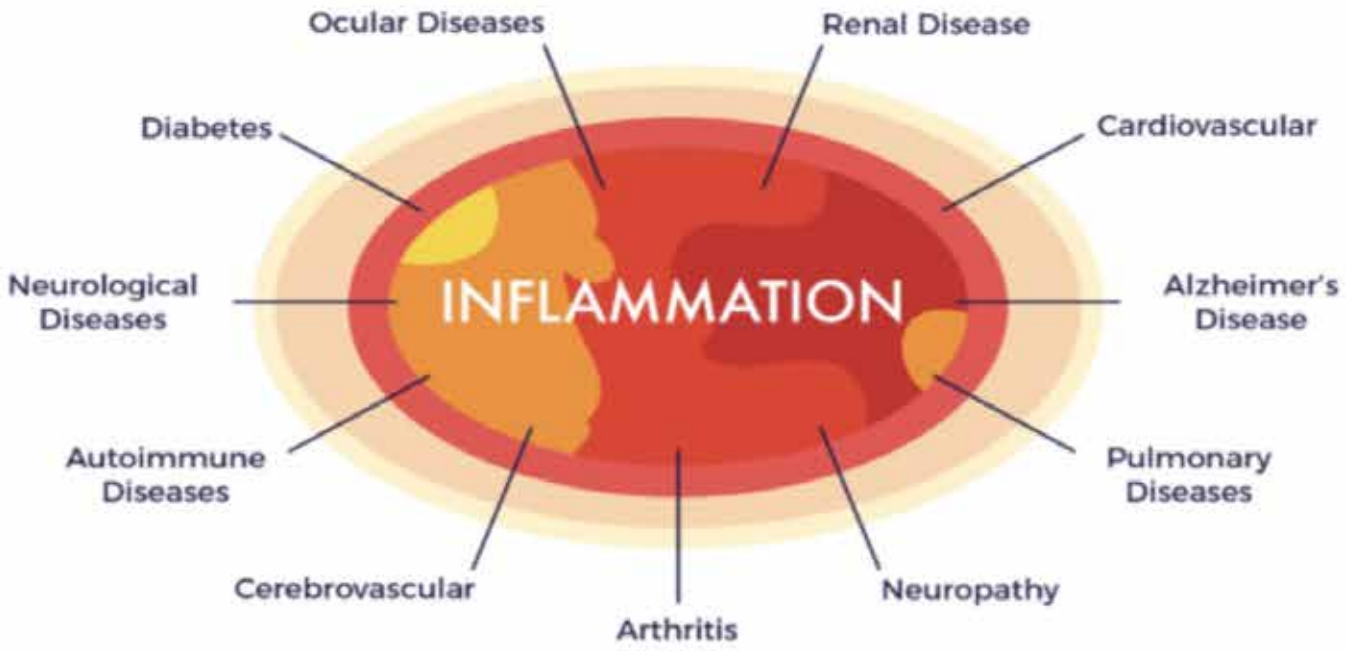
INFLAMMATION & DEGENERATION

Or

HEALING & REGENERATION

at any given time

HAVE INFLAMMATION?



DID YOU KNOW?

Inflammation is the **root cause** of many health conditions

Fatigue • Digestive Issues
Hormonal Imbalance • Allergies
Skin Conditions • Pain • Injury
Headaches • Migraines • Arthritis
Immune Issues • Respiratory Problems
Stress • Anxiety • Depression
Fibromyalgia • Endometriosis
Dementia • Diabetes • Fibroids
Restless Legs • Adrenal Dysfunction

We are in a state of **inflammation** and **degeneration**
or **healing** and **regeneration** at any given time

There are many studies on Turmeric and curcumin

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Review > Int J Biochem Cell Biol. 2009 Jan;41(1):40-59. doi: 10.1016/j.biocel.2008.06.010. Epub 2008 Jul 9.

Potential therapeutic effects of curcumin, the anti-inflammatory agent, against neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases

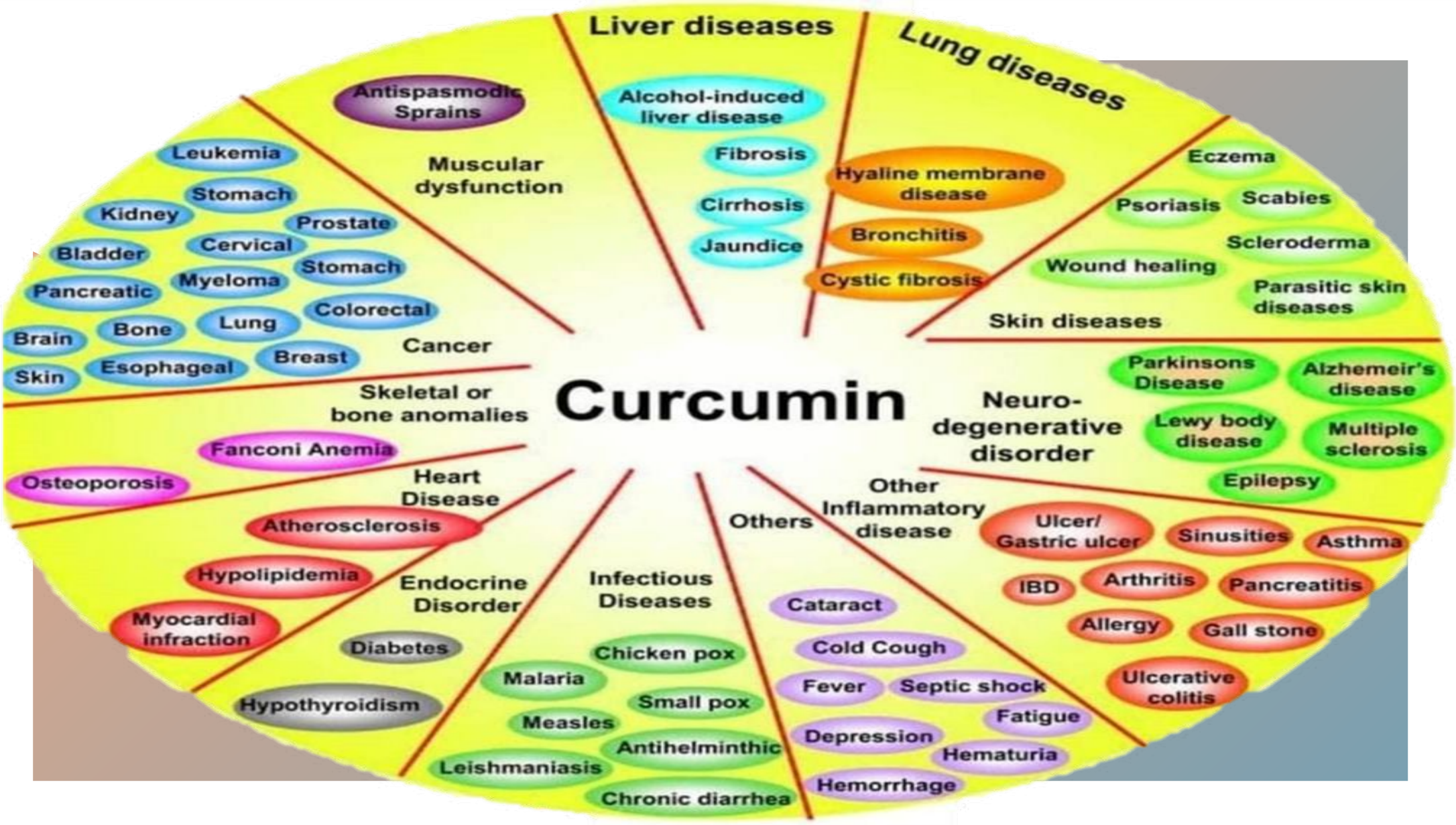
Bharat B Aggarwal [1], Kuzhuvelil B Harikumar

Affiliations + expand

PMID: 18662800 PMCID: PMC2637808 DOI: 10.1016/j.biocel.2008.06.010

Free PMC article

Despite these positive effects, a major criticism of curcumin is its poor bioavailability. In fact, some researchers have argued that given its unstable, reactive, and nonbioavailable nature, further clinical trials on curcumin are unwarranted (10). **Curcumin has been confirmed to exhibit very poor bioavailability, with many studies showing very low, or even undetectable, concentrations in blood and extraintestinal tissue. Major reasons postulated are due to its poor absorption, rapid metabolism, chemical instability, and rapid systemic elimination (10).** The majority of oral curcumin is excreted in the feces (>90%), as determined in several animal studies (12). To overcome this problem, numerous methods have been undertaken to increase its bioavailability. These include the use of adjuvants such as piperine, formulating liposomal curcumin, curcumin nanoparticles, curcumin phospholipid complexes, and the use of structural analogs of curcumin such as turmeric oil (11,13). Such efforts have met with some success, as increased blood concentrations have been shown. However, investigations comparing the therapeutic potencies and pharmacodynamic response of these more bioavailable forms with standard curcumin have yet to be extensively conducted in human clinical trials. Moreover, serum concentrations necessary to obtain a given clinical or biological effect have not yet been identified.


Curcumin
Liver diseases
Alcohol-induced liver disease
Fibrosis
Cirrhosis
Jaundice
Lung diseases
Hyaline membrane disease
Bronchitis
Cystic fibrosis
Skin diseases
Eczema
Psoriasis
Scabies
Scleroderma
Wound healing
Parasitic skin diseases
Muscular dysfunction
Antispasmodic Sprains
Cancer
Leukemia
Stomach
Kidney
Prostate
Bladder
Cervical
Stomach
Pancreatic
Myeloma
Colorectal
Brain
Bone
Lung
Skin
Esophageal
Breast
Neuro-degenerative disorder
Parkinsons Disease
Alzhemeir's disease
Lewy body disease
Multiple sclerosis
Epilepsy
Other Inflammatory disease
Ulcer/ Gastric ulcer
Sinusities
Asthma
IBD
Arthritis
Pancreatitis
Allergy
Gall stone
Ulcerative colitis
Others
Cataract
Cold Cough
Fever
Septic shock
Fatigue
Depression
Hematuria
Hemorrhage
Infectious Diseases
Chicken pox
Malaria
Small pox
Measles
Antihelminthic
Leishmaniasis
Chronic diarrhea
Endocrine Disorder
Diabetes
Hypothyroidism
Heart Disease
Atherosclerosis
Hypolipidemia
Myocardial infraction
Skeletal or bone anomalies
Fanconi Anemia
Osteoporosis

CURCUMIN
Turmeric root extract

Origin: India
Use of turmeric has been documented for more than 4,500 years, both for cooking as well as for diverse therapeutic applications.

Ayurvedic Medicine
Turmeric is one of the founding plants of the first medical system in the world – Ayurveda.

Studies show
Supports cognitive function, liver function and sustains healthy instestinal function

Scientific Research
In recent years, scientists have become extremely interested in the powerful anti-inflammatory effect of curcumin from turmeric, making it one of the most studied plants in the world thanks to its multiple health benefits.

BioMS technology has revolutionized the supplement industry by making possible unparalleled lipid absorption through the application of patented biotechnologies.

1. Powerful metabolites from all natural ingredients.
2. Patented nanotech processes that ensure celular absorptions.
3. Patented biotech processes to form micelles which allow for immediate uptake of oily metabolites into the bloodstream.

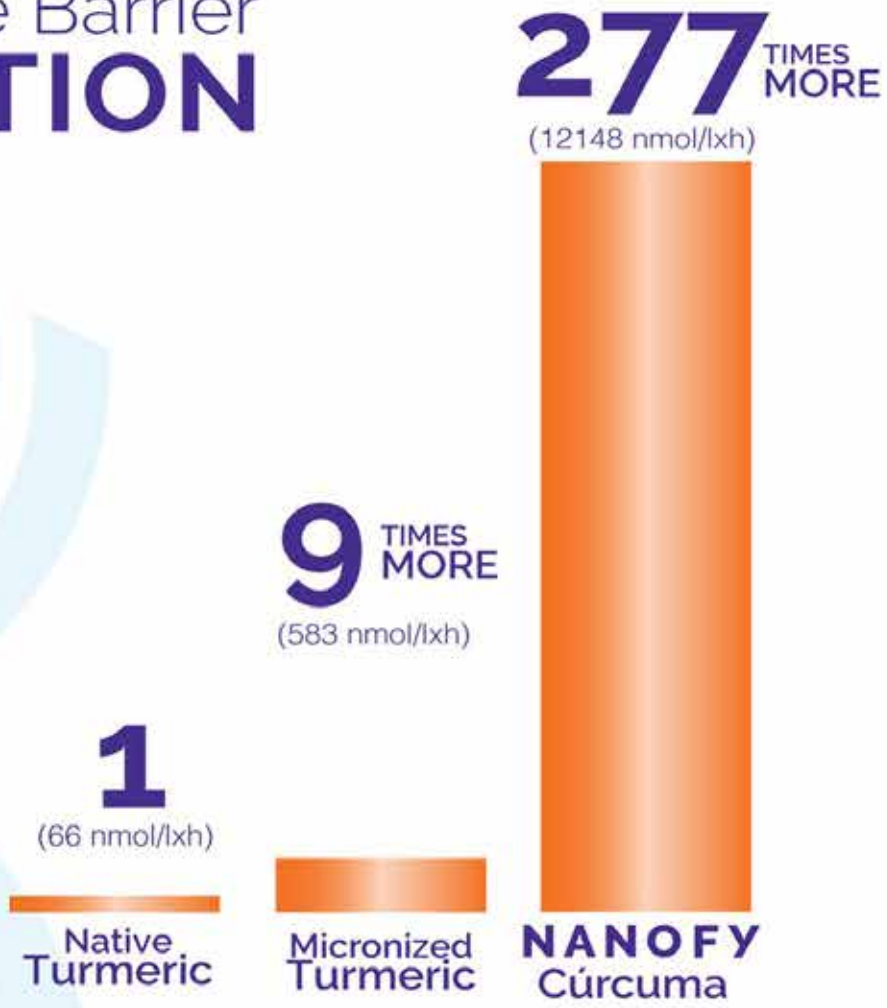
NANOFY

CÚRCUMA

with VITAMIN D3

Overcomes the Barrier
ABSORPTION

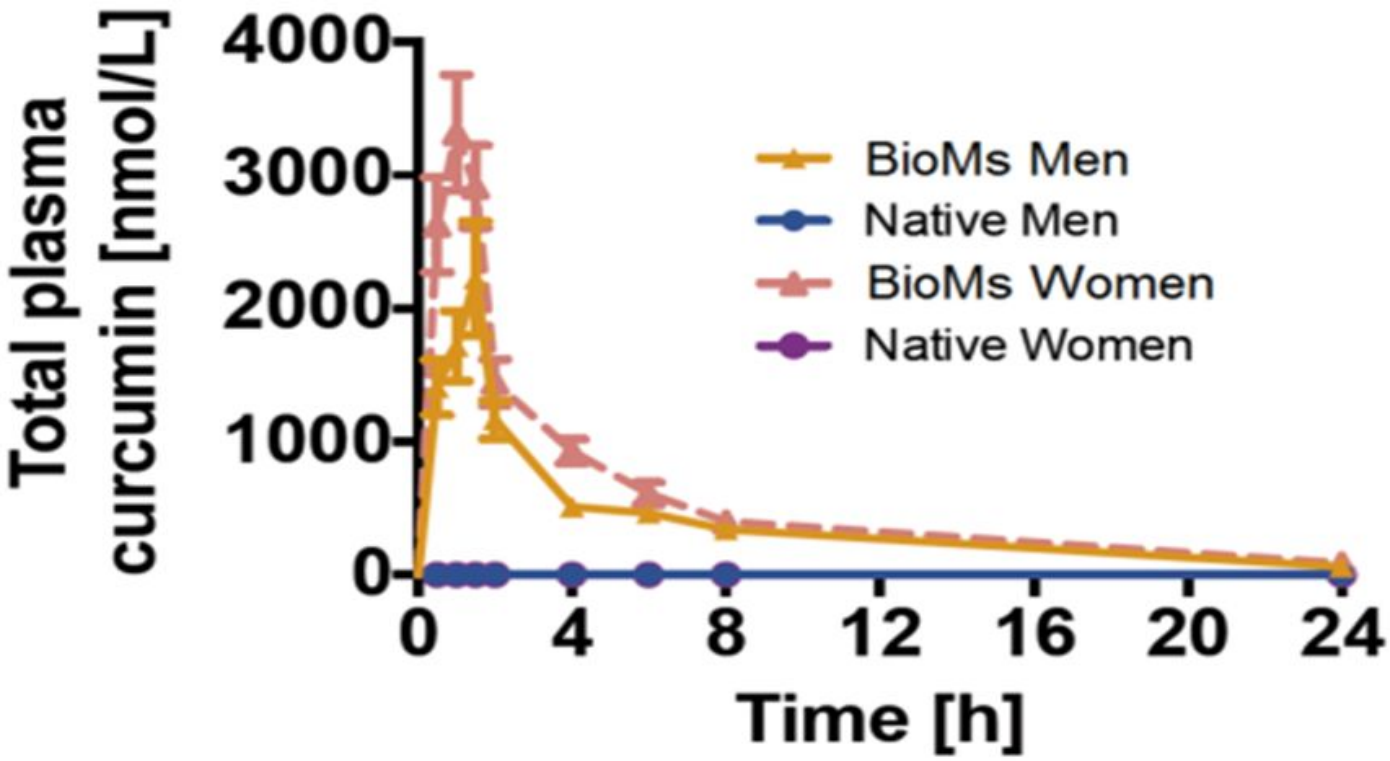
The active substance of turmeric is curcumin, which is a lipid with very low absorption levels in the bloodstream. With our patented BioMS Technology, we achieve a bioavailability of up to 277 times greater than native turmeric.



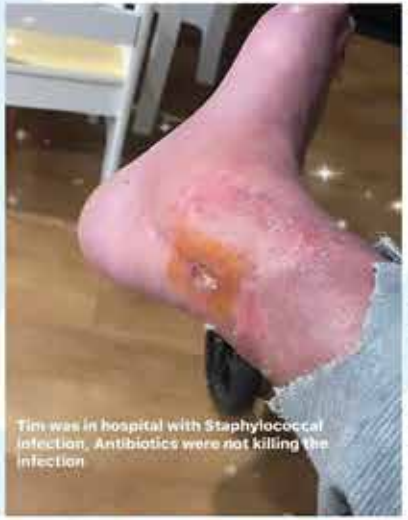
*Clinical studies show that bioavailability levels in women is 277x more and in men 114x more.

Curcumin plasma kinetics

UNIVERSITÄT HOHENHEIM

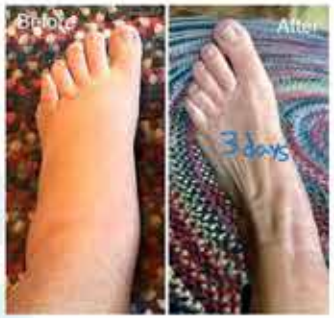


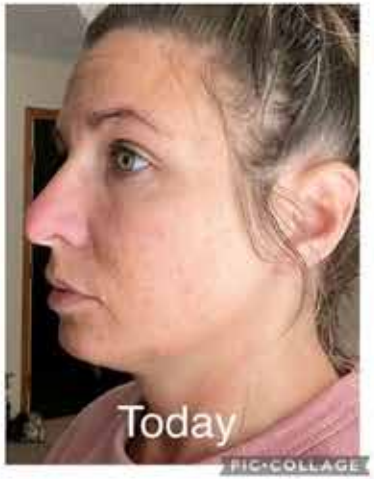
WHAT IS IT DOING FOR OTHERS?



42 YEARS every bloody day I fought clinical depression, every day trying to find a reason to go on, praying for a reprieve. I can't remember how many different medications I tried and all made me feel crap. This is the first time I've felt real releif.

❤️ 👍 💕 17





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Disruptive Wellness

PRESS JOIN
And add my name

Linda Hanns

www.vidafyresults.com

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- Dr Casey Means book – Good Energy
- https://www.hubermanlab.com/episode/dr-casey-means-transform-your-health-by-improving-metabolism-hormone-blood-sugar-regulation
- Dr Nathan Bryan, a biomedical researcher