

# Solutions on Health & Wellness



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## Inflammation

### *Root cause of top five killers*

On June 25, 2007, scientists at a conference on inflammation and chronic disease concluded that inflammation is at the origin and progression of diseases. **Evidence points to five major illnesses having one common factor** as their root cause - chronic inflammation in the body. They will kill over 70% of all people; cancer, heart disease, lung disease, diabetes and stroke.

These findings have a major impact on personal health and the ability to avoid the onset of disease. Studies indicate that many natural agents provide similar efficacy as conventional anti-inflammatory drugs, but without adverse side effects.

Five leading natural anti-inflammatory ingredients are:

**Curcumin** is the active agent found in the spice turmeric. A double - blind study demonstrated curcumin was as effective as a powerful anti-inflammatory drug in reducing pain, swelling and stiffness in rheumatoid arthritis patients.

**Bromelain** is a natural proteolytic enzyme which can break down proteins involved in the inflammatory process. Bromelain can be beneficial in reducing knee pain and swelling.

**Glutamine** is a powerful anti-catabolic amino acid and the most plentiful amino acid in the body. It increases nitrogen retention, helps the immune system and guards against tissue breakdown.

**Ashwagandha** is an herbal medication that stimulates the immune system. It reduces inflammation in joints, eases movement and exhibits potent anti-inflammatory activities.

**Bupleurum** is used in China to reduce pain from inflammation. It stimulates the pituitary and adrenal glands to increase production of adrenal hormones, such as Cortisone, that reduce pain and inflammation.

All five ingredients are found in a product called **Curzone™**, a potent natural anti-inflammatory that acknowledges the underlying factors of over-active inflammation. **Curzone™** deals with inflammation and enhances recovery of damaged tissue.

For more information call 1-800-667-2011 or  
[www.naturalbalanceproducts.ca](http://www.naturalbalanceproducts.ca)