

Mindful



Health

Newsletter

Vol. 2 • Issue #10

Inflammation

How many of you have suffered from an injury? How many of you deal with digestive problems? How many of you have chronic aches and pains? How many of you have ever had a virus or even a headache?

All of this can cause inflammation in the body. Inflammation is the body's natural reaction to injury, infection, trauma or stress. When inflammation is extreme it can lead to disease and more chronic issues. There is evidence that inflammation leads to heart disease, high cholesterol and colon cancer.

Inflammation can be internal or external and can involve tissues, and/or organs. It is important to note that a certain amount of inflammation is the body's way of healing. But, unfortunately today's society teaches us to "manage our pain" or swelling with painkillers, rather than identify the source of the problem. Truthfully, even those painkillers have been receiving a great deal of negative press.

Many times inflammation is secondary to a larger issue. The testing I do on my electrodermal screening machine shows me precisely where the inflammation is but more importantly it shows me the cause.

HOW CAN YOU DETERMINE IF YOUR BODY IS INFLAMED?

Do you suffer from digestive issues? If you look in the mirror is your tongue swollen or very red? Do you suffer from joint pain? Do you deal with asthma? Have you ever tested your PH and it is below 7.0? Do you eat sugar? Do you smoke? Do you drink caffeine? Do you exercise infrequently?

If you answered yes to any of these you may be dealing with inflammation.

HOW CAN YOU LOWER YOUR INFLAMMATION LEVELS?

There are many things you can do to lower these levels but the most important thing is to determine the source of the problem, which may involve more thorough testing.

HEALTHY TIPS:

- Aloe vera juice is very good for intestinal inflammation
- Papaya, pineapple and ginger have anti-inflammatory properties
- Dark green vegetables are high in minerals and can help with inflammation
- Consume essential fatty acids such as flax seed and cod liver oil
- Avoid sugar and soda
- Vitamin D, C and E have been shown to lower inflammation
- Balance your blood sugar — spikes can cause inflammation
- Cut out white flour products and eat every 3 to 4 hours
- Incorporate meditation, yoga, stretching and breathing exercises (stress can increase inflammation all on its own and these exercises help to lower stress)
- Try a detoxification foot soak (ask me about this)
- Incorporate spices such as curry, cumin and cayenne

**Come visit my website at
www.mindfulhealth.biz
for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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Recipe

TIME FOR DINNER ...

Steamed Halibut with Lemongrass and Ginger

Adapted from Country Cooking Secrets
4 servings, 17 minutes

- 1 stalk lemongrass (remove tough outer husk and root end)
- 1 inch fresh ginger, peeled
- 3 cloves garlic, peeled
- 1/8 teaspoon cayenne pepper
- 3 teaspoons sesame oil
- 1.5 teaspoons rice wine vinegar
- 1 teaspoon salt
- 4 halibut fillets (you can also use salmon)



In a food processor, grind up the lemongrass, ginger and garlic into a paste. Add remaining ingredients and spread paste on fish. Steam until fish is beginning to flake, 6-7 minutes.

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