

LIFESTYLE SUGGESTIONS TO REDUCE INFLAMMATION



One of the easiest and most powerful ways to reduce pain and inflammation is to get grounded...literally. Our society has strayed away from our physical connection with the Earth. For the majority of civilization, individuals walked on the ground barefoot, slept in contact with the ground, and spent the majority of their days outside. Now, many of us go months at a time without ever having our feet touch the ground. Even when we do go outside, we wear rubber-soled shoes which prevent us from having an electrical connection to the Earth.

A whole new arena has opened up to explore the relationship between our bodies and the Earth. A new therapy has arisen out of this research, which is referred to as "Earthing". The benefits from Earthing can be received by simply walking barefoot on the ground for 30 minutes each day and/or sleeping on a grounding pad at night. To better understand how something as simple as walking barefoot can improve your health, it requires us to take a quick look at science. The Earth is a huge magnet with a really large negative electrical charge. When we are in direct contact with the Earth, electrons move from the Earth to our body. This effect causes our bodies to have the same negative-charge electrical potential as the Earth. It is this flow of free electrons into the body that brings inflammation and pain down. An exciting study illustrating the positive influence of Earthing on pain and inflammation was published in 2010 in the Journal of Alternative and Complementary Medicine.

In addition to Earthing, here are some lifestyle suggestions to reduce inflammation in the body...



Acute (72 hours or less)

If you suffer an injury such as a sprain, strain, muscle pull, or tear, immediate first aid treatment can prevent complications and help you heal faster. One of the most popular acronyms to remember if you get a sports injury is RICE, which stands for Rest, Ice, Compression and Elevation. Using these immediate first aid measures is believed to relieve pain, limit swelling and protect the injured soft tissue.

The RICE Method of Acute Injury Treatment

- Rest: If you are injured, stop playing, get medical attention if necessary and rest. Resting an injury is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal most effectively.

- Ice: If you are using ice, choose a cold pack, crushed ice or a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. An ice massage is another extremely effective way to direct cold to the injured tissue. Cold provides short-term pain relief and also limits swelling by reducing blood flow to the injured area. As stated above, it's unclear if reducing inflammation entirely is helpful or harmful as it relates to tissue repair and healing times. regard to healing. If you choose to use cold therapy, never apply ice directly to the skin (unless it is moving as in ice massage) and never leave ice on an injury for more than 20 minutes at a time. Longer exposure can damage your skin and even result in frostbite. A good rule is to apply cold compresses for 15 minutes and then leave them off long enough for the skin to re-warm. (Also see: The Proper Use of ICE).

- Compression: Compression helps limit and reduce swelling, which may delay healing. Some people also experience pain relief from compression. An easy way to compress the area of the injury is to wrap an ACE bandage around the swollen part. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.

- Elevation: Elevating an injury help control swelling. It's most effective when the injured area is raised above the level of the heart. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows. After a day or two of RICE (or RCE) treatment, many sprains, strains or other injuries will begin to heal. But if your pain or swelling does not decrease after 48 hours, make an appointment to see your primary care physician or go to the emergency room, depending upon the severity of your symptoms.

Once the healing process has begun, light massage may reduce the formation of scar tissue, and improve tissue healing.

Gentle stretching can be begun after all swelling has subsided. Try to work the entire range of motion of the injured joint or muscle, but be extremely careful not to force a stretch, or you risk re-injury to the area. Keep in mind that a stretch should never cause pain. For proper stretching technique, review Flexibility Exercises.

Heat may be helpful once the injury moves out of the acute phase and swelling and bleeding has stopped. Moist heat will increase blood supply to the damaged area and promote healing.

Finally, after the injury has healed, strengthening exercises can be begun. Start with easy weights and use good form.

It's helpful to work with your physician, a physical therapist or an athletic trainer as you begin injury rehab. Expert guidance can help you progress quickly, without overdoing it. Your best option is to choose a rehab expert who has experience working with athletes and is familiar with your sport.

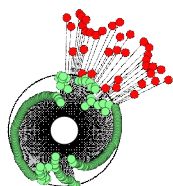
Resources: <http://sportsmedicine.about.com/cs/rehab/a/rice.htm>

YOUR CUSTOMIZED REMEDIES FOR REDUCING INFLAMMATION

For this assessment, we asked your body for specific feedback regarding areas of stress in your body which may be related to your joints, muscles, and inflammation. Following are the results of that assessment. The circle represents your range, the threshold at which your body starts to throw off a stress response. Each red dot is related to a biomarker which is showing a stress response greater than your range and each green dot represents a biomarker which is within your body's range.

The goal of this assessment is to lessen the overwhelming stress on your body to free up your body's innate healing ability and lower inflammation. Next to each remedy, you will see the amount of balancing impact it has on your system. Don't worry about bringing every biomarker into balance. The goal is to lessen your stress to the point where your body has additional energy freed to heal itself and function at its best.

This technology does not diagnose or treat any disease or condition. If you are pregnant, breastfeeding, or currently on pharmaceutical medication, please see your primary physician before beginning these remedies.



Baseline

Biomarkers Out of Range: 36

SOME ADDITIONAL INFORMATION ABOUT YOUR REMEDIES

Here are the manufacturer's product descriptions for each of your chosen remedies...

This is the end of the product manufacturer descriptions.

SUPERFOODS TO REDUCE INFLAMMATION



Cellular inflammation has been shown to be the underlying marker in nearly every major health problem. Every single day our body is attacked by free radicals; cells are damaged; and inflammatory mediators are produced and triggered throughout our body.

Here are a couple amazing superfoods that are particularly useful for reducing inflammation, destroying free radicals, and detoxifying cellular pollution. Here are some of nature's most powerful secrets to health and healing:

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ZYTO[™]

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The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at info@zyto.com.

1. Ginger: This incredible superfood herb is 13th on the anti-oxidant list boasting an impressive ORAC score of 28,811. Ginger is composed of several volatile oils that give it its characteristic flavor and odor: zingerone, shogaols, & gingerols. These oils are powerful anti-bacterial, anti-viral, anti-fungal, anti-parasitic agents. In addition, it inhibits cancer cell formation while firing up our body's own inborn ability to destroy the cancer cells formerly present.

Ginger has classically been used to improve the digestion process. It is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes intestinal tract) while inducing gut motility. Ginger is known to reduce fever related nausea, motion sickness, and feelings of "morning sickness." Additionally, it helps aid in the production of bile, making it particularly helpful in digesting fats.

Ginger is also an important part of a de-inflaming, natural pain-relief program. One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, that quickly forms a dangerous free radical peroxynitrite. Additionally, ginger helps to protect the body's stores of glutathione (the super anti-oxidant and free radical destroyer).

2. Parsley: The herb parsley is considered the world's most popular herb. It contains a unique combination of nutrients that make it a powerful superfood. The volatile oil compounds myristicin, limonene, eugenol, and alpha-thujene have been shown to inhibit tumor cell formation. Additionally, parsley is rich in flavonoids - including apiin, apigenin, crisoeriol, and luteolin that have strong anti-oxidant properties.

Parsley is also particularly rich in chlorophyll, the energy producing substance that gives herbs and plants their characteristic green color. Chlorophyll helps to alkalize the body, purify blood, and form new red blood cells. In addition, the chlorophyll and flavonoids in parsley help to enhance cellular glutathione formation. Higher levels of cellular glutathione allow the body to detoxify and heal more effectively.

Through these properties, parsley is able to improve cellular oxygenation properties. Increased oxygenation = increased cellular energy = increased detoxification & healing mechanisms.

3. Apple Cider Vinegar: This super tonic contains acetic acid which is known to help the body absorb iron more effectively. Iron is primarily used as the mineral backbone within hemoglobin. Hemoglobin is the oxygen carrying molecule within red blood cells. Myoglobin, the oxygen extracting molecule within muscle, also consists of an iron backbone. Higher levels of bioavailable iron allow the body to better utilize oxygen. Boosting oxygen levels increases both energy production and detoxification processes.

The Acetic acid and active enzymes within the ACV also help the body metabolize protein and absorb the amino acids more effectively. This is a critical step for building healthy hormones and enzymes and repairing tissue. Through these mechanisms, ACV helps to recover from injury, excessive exercise, and states of chronic pain. Additionally, better enzymatic function will increase energy and sense of well-being.

ACV is an acid on the outside of our body, but has an alkaline ash when it is digested within our body. This is the best of both worlds. As an acid it is a powerful sterilizer that is great for improving the quality of our skin & hair. Additionally, it is great at removing warts, acting upon acne, and cleansing the body of dead skin cells.

Within the body, ACV balances our overall pH by providing alkaline buffering minerals in ionic potassium and magnesium. This benefit enhances overall energy production and detoxification processes. Be sure to purchase your ACV completely raw and unpasteurized with an intact "mother."

4. Turmeric: This powerhouse is the 4th highest anti-oxidant rich herb, containing an incredible ORAC (Oxygen Radical Absorbency Capacity) score of 159,277. The major ingredient curcumin is what gives turmeric its characteristic orange color.



The curcuminoids within turmeric are said to be 5-8 times stronger at scavenging free radicals than Vitamin C & E. The molecules are strong enough to take on the hydroxyl free radical which is considered to be the most reactive of all free radicals.

Curcuminoids help to cleanse & nourish your skin while balancing the skin's natural microflora that protects you from infections. Turmeric is a natural anti-inflammatory, acting to down-regulate the inflammatory mediating COX-2 & MMP9 receptors. Additionally, it reverses many common cancer cell transcription factors such as NF-Kappa Beta. The curcuminoids have been labeled by many as some of the most powerful cancer fighting substances on the planet.

5. Oregano: Oregano is extraordinarily high in antioxidant activity, ranking in as the 3rd highest herb with an ORAC score of 200,129. The primary anti-oxidant components are phenolic acids and flavonoids. Oregano oil has incredible anti-bacterial functions due to its high content of thymol, a powerful phenol. Additionally, oregano has been found to be the most effective substance against MRSA staph infections, beating out the 18 currently used anti-biotics in a recent study.

Oregano oil has been classically used as a disinfectant, an aid for ear, nose, & throat/respiratory infections, candida, and any sort of bacterial or viral conditions. Additionally, it works to suppress inflammatory mediators and cancer cell production. Oregano oil is more potent than the dried herb; however, the dried version still contains many powerful health benefits.

Resource: www.naturalnews.com.