

### 3 Superstar Nutrients That Naturally Fight Pain and Inflammation

By Gail Dixon, OCN



***When it comes to pain, we all suffer from time to time.***

Whether it be menstrual pain, headache pain, backache pain, or something else, pain can be debilitating. But what if there was a better way to treat the issue than by popping ibuprofen or other pain meds?

Dr. Holly Lucille, one of the nation's leading naturopath doctors (ND), RN, author, educator, radio and television host, recommends the following natural remedies to alleviate pain.

#### **Curcumin**

Curcumin is one of the most powerful anti-inflammatory herbs.

“When taken in supplement form, this golden-hued ‘miracle’ herb has the amazing ability to suppress cytokines,” explained Lucille.

**Turmeric: The Secret To Fighting Inflammation**

You've probably seen ads like this for Turmeric Supplements. But, do they really work, and how do you know if your getting a good price?

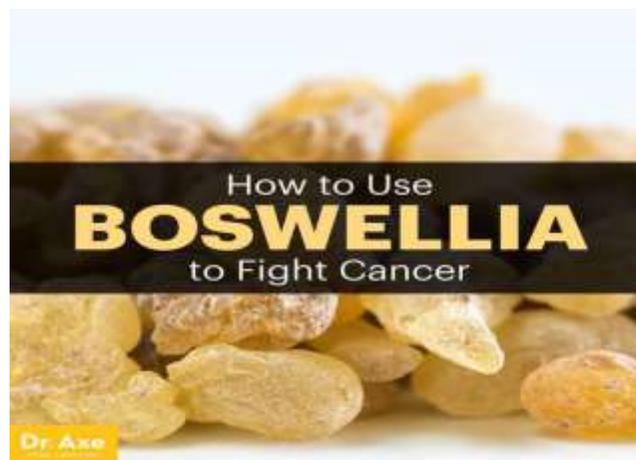
*Curcumin is the bright orange-yellow ingredient found in the kitchen spice turmeric.  
(Photo courtesy: turmericpillreviews.com)*

Cytokines are the substances secreted by the immune system that contribute to inflammation. But curcumin, which is found in turmeric (used to make curry powder) can help reduce inflammation! It can be taken as a supplement in pill form.

Research conducted with 45 patients revealed that curcumin was more effective in treating the symptoms of tenderness and swelling joints in people with rheumatoid arthritis. The patients were split into two control groups – one taking 500 mg of curcumin (BCM-95) per day, and the other group taking 50 mg of a prescription drug called Voltaren. But before the trial was over, 14 percent of the people taking Voltaren dropped out of the study because they were experiencing severe side effects. The group taking curcumin remained side-effect-free.

## **Boswellia**

Boswellia, also known as Indian Frankincense, is an herb that originates from India. It has anti-inflammatory properties and is used frequently in Ayurvedic medicine. This herb has been proven to not only mask symptoms of pain, but to stop the inflammation entirely.



*Boswellia is an herb from India also known as Indian Frankincense.  
(Photo courtesy: DrAxe.com)*

Boswellia comes in various amounts and strengths and is considered to be a botanical herb, so it is important to take the exact combination that is right for you.

These specific compounds help joints heal quicker and stop the damage caused by inflammation. Recent studies reflect that Boswellia is effective in treating irritable bowel syndrome, Crohn's Disease, ulcerative colitis, rheumatoid arthritis, and some forms of cancer.

## Hemp

Over the last several years, the CBD business has started to explode with medical marijuana dispensaries and clients popping up around the country. You can find CBD in everything from drinks to food (such as cookies and brownies), to lotions and ointments, all claiming to help people relax and alleviate pain.



*Oil is extracted from the hemp plant to produce CBD.  
(Photo courtesy Yahoo.com/lifestyle.)*

Some people have used the acronym CBD to describe the cannabis plant, but CBD is a medical compound and not merely just the hemp seed. It is the cannabis *oil*, extracted from hemp seeds, that affects the brain's reaction, minimizing – and in some cases eliminating – pain. Dr. Lucille reports that research shows that taking the oral form of CBD helps control the symptoms of rheumatoid arthritis and other inflammatory diseases.

In order to experience the most powerful herbal pain relief, Lucille recommends using a formula that combines hemp and curcumin.

Visit your local health food store and CBD dispensary to learn more about these natural pain-relieving herbs.