



Natural Remedies for Inflammation

By Christopher Vasey

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Remedies for Inflammation, Christopher Vasey, From aspirin and ibuprofen to antihistamines and cortisone, anti-inflammatory drugs are now the top-selling pharmaceuticals in the world. But daily use of these powerful drugs comes with a price: side effects, many of which can lead to other chronic conditions and the further use of medications. In this practical guide to natural remedies for inflammation, naturopath Christopher Vasey explores 38 anti-inflammatory herbs, such as laurel, basil, turmeric, and devil's claw, as well as other natural substances, such as propolis and fish oil. He explains which conditions each addresses most effectively, proper dosage, and the best methods of ingestion. Vasey explains how, like fever, inflammation is a defensive reaction of the body and also carries out a cleansing process, which natural remedies support but pharmaceuticals can destabilize by contributing more toxins to the internal terrain. He examines many of the most common inflammation-related ailments--such as allergies, asthma, conjunctivitis, bronchitis, sinusitis, cystitis, tendonitis, arthritis, eczema, and sciatica--and explains which medicinal plant or food supplement is best suited to safely alleviate unpleasant symptoms while helping the body complete the healing the inflammation was initiated to perform....



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