



XOONA™ HEALTH BEAT

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Inflammation – *The Fire Within* By Dr. Henriette Alban

In recent times, we have learned much more about inflammation and its connection to major diseases. I strongly believe inflammation is not happening to us, we have created it. We are really at the root of the inflammation, and the good news is our body always gets our attention with this diagnosis. It's usually accompanied by discomfort of a more or less severe form.

Where does Inflammation come from?

In chronic conditions, inflammation is inevitably a part of the problem. Inflammation is our body's response to poor lifestyle choices. It's not rocket science, but we don't always like to hear it. This fact is not intended as punishment by the body, or judgment; on the contrary, *it's an invitation by your body to become aware that what you're doing is not working.*

Most of our habits come from the habits of our upbringing and potentially hasty lifestyles. Our minds suggest we go out to celebrate with sugar, alcohol, food in excess, etc. Yet, we know if we have made the effort and used Xooma supplements, over the course of time we can come to a changed lifestyle.

How are our emotions and food connected?

There can be many emotions attached to our food and how we feel about eating, about taking in amounts of food beyond what the body needs, eating for the pleasure of it, eating for emotional reasons, eating while we never got enough as kids, and eating for whatever reason having to do with insufficiencies. Most of these are not related to what the body needs, and the continual compensation means our bodies eventually run out of options.

Emotional Eating



Sadly, most people live to eat, rather than eat to live.

Thus, over time, and with the customary potential for "excess", we can get chronic inflammation, even if it tends to spike only from time to time with attacks when the body can no longer compensate.

Reaction and connection to illnesses

Let's not kid ourselves. Inflammation is the reaction to most illnesses. And while it may appear that it arises suddenly with symptoms of pain or un-wellness, there were other signals long before from your body to alert you to the imbalance.

What gets confusing is when symptoms of inflammation overlap with other issues such as diabetes, digestive disorders, liver disease, gallstones or kidney problems. All these issues can be connected to and are interdependent within the body. Compounded by mental or emotional stress, you can have a bit of a mess on your hands.

Are you ready to be proactive?

The question is how willing are you to regulate and balance your body's issues. How have you committed to honoring your body, which is serving you without question, until now, when the problem has become too loud to ignore?

Yes, you can take Omega 3 fatty acids. Yes, you can drink lots of X2O water (alkalizing fluids). And yes, KardiaXyme is an amazing inflammation fighter. But those aren't the only 'solutions' when inflammation has become serious. It necessitates changing other habits, like: dietary intake; quantities of food intake; timing; regular times of day; quality of your environment when you eat, without stress; chewing every bite 30 times to fully masticate it and create the essential enzymes from your saliva to help digest the food.



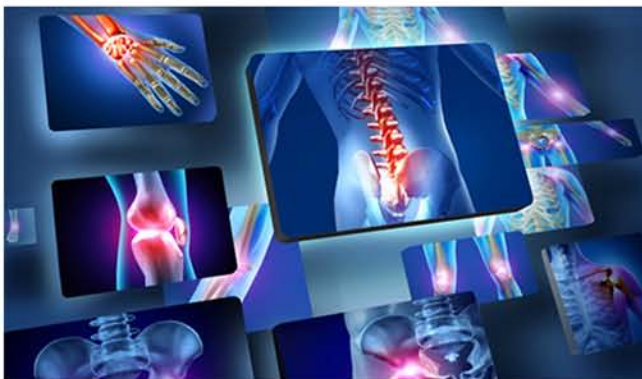
Yes, Assimilator can also help. But have you thought why we need enzymes? For most people it's because their typical daily diet consists of foods that are either poor quality or over processed – and lacking in natural enzymes. I am certainly not against taking supplements, and Xooma's supplements are premium quality. But I do feel that a clean and healthy body that functions well should always be a primary goal for optimal health.

If you wish for a healthy quality of life, longevity and aging that is alert and full of vitality, there are additional practices to follow. Unfortunately most people won't do that.

Most people will wait until they or someone close to them actually has a problem large enough and problematic enough, where taking a look at themselves might be useful as well. This is often the case when one member of a family experiences sudden health challenge which makes changes in the household around him or her. These events are not to be feared, they are to be welcomed and learned from. And with all of these challenges, every one of them has inflammation as part of the symptoms.

Let's take a look at what inflammation is

The body heats up the area around an organ or body part due to injury, be that infection or a cut, a bacterial infection, or another invasive component the body needs to fight. It heats up to help clear an area of congestion which tends to become infested with pathogens who take advantage of the lowered immunity.



In inflammation, the body fights back with heat, and at high temperatures kills the organisms that may have invaded the area. Additionally, other cells come to the rescue to carry away the waste product of such inflammation. In the case of a cut, it's old dead blood cells, helping the skin heal and grow new cells beneath the injury to heal from the inside out. So inflammation must be healed both from the inside out and from the outside in.

You know we often love giving to others, feeling good about helping out and feeling the approval of our communities when we give from what we have.

Have you ever considered that your beautiful bodies need a lot of giving from you? Awareness of what they need, how they wish to be fed, how much stress they can manage after you've depleted your reserves. We tend to take our bodies for granted. Our bodies can handle a lot, and eventually, those reserves run out and require a serious look.

So here are a couple of questions for you

How is your energy level – not the hyper kind, or the second wind. When you wake up in the morning, how do you feel? Alert, alive, getting up with pleasure, looking forward to the new day? Or are you a bit sluggish, need some coffee to

wake up, feel a bit down, dragging yourself out of bed to go to work? Do you burn the candle at both ends? Are you prone to heart problems? Are you a sensitive person whose life could handle a gentle tune up? Do you have some days like that? Can you determine what you had or did or watched the night before? Do you go to sleep with the TV in your room, with topics of books and movies that are aggressive or even violent, where conflict is heating up your nervous system? How does that work for the quality of your restful period?

- How you answer these questions will tell you something about your stress levels as it pertains to your adrenal glands. Cortisol is the output in response to stress and when that is high in the blood and the adrenals are exhausted, you can count on inflammation coming up next.
- Inflammation showing up as high blood pressure, showing up as fatigue, as sleep disturbance, as chronic digestive issues, acid reflux, poor elimination, skin problems, bad breath, a coated tongue, itchy skin, anus or nose, yeast infections, smelly feet, gum disease and an overgrowth of bacteria in mouth and throat. Having lots of phlegm when you eat, having to clear your throat, different food intolerance, allergic reactions, gluten intolerance and more. Inflammation of your joints, skin outbreaks, fever blisters on your lips, sores inside your mouth?
- These are signs of imbalance among many others. When your body is healthy without obstruction it can handle all that you deal with. But when the happy medium of intake and output are severely imbalanced, we run up against the empty sign of the tank of 'life force'.

So inflammation is a multi-varied response to imbalances caused by choices we have made and injuries we have visited on the body. Have you considered that before liver problems and gallstones are diagnosed your imbalances have been going on for years? And what would you be willing to do to help cleanse your system? Crystal Andrus and her team have hosted several 30-Day Cleanse-Your-Life Challenges. If you haven't already participated in one, that would be a great way to begin detoxing and cleansing your system.



Regarding inflammation, you can see there are a lot of reasons why we have it. Taking responsibility and having the courage to cleanse the digestive tract is a good start.

Recommendations: Flushes and Skin related

If you want to prevent inflammation or seek temporary ease, I would suggest doing the cleanse/flush 4 times a year. It can take many flushes to clean out the gall bladder and the liver from all the stones they contain after a lifetime.



In the meantime, I would suggest drinking plenty of water – two X2O sachets per day utilized in 4 Xooma bottles of water. That makes around 80 ounces of clean mineralized water.

I would dry brush the skin always towards the heart with a Luffa sponge, a couple of times a week, before showers.

Inflammation also requires magnesium. In addition to the magnesium you can ingest through Xooma's products like X2O, LifeSource and X2O PM, there are also quality forms of magnesium that you can put directly on the skin if you're not getting enough.

Recommendations: Xooma Products and Supplements

Another suggestion is taking Assimilator between meals, to help cleanse and release undigested proteins and other toxins that lead to inflammation.

I would suggest you take KardiaXyme (2 a day) and Adult SuperFood (2–4 a day) together with meals. You can also open up the Adult SuperFood and pour 2-4 capsules into your favorite smoothie or shake. I recommend incorporating Omega 3/75 (4–6 capsules per day), to 'still' the alarm center in the body.



Here's something else you can incorporate. I would take footbaths with apple cider vinegar (1 cup) soaking in medium hot water. Follow this with a solid scrub, with a dry washcloth or old towel to remove the dead skin likely to be scraped off after the bath. Rub your feet with coconut oil or your favorite cream (Ellagiderm Cream is a great choice), and avoid synthetic ingredients if possible.

Recommendations: Exercise

I would use a rebounder to help your lymphatic system and I would definitely seek the help of a massage therapist who also does lymphatic release.

Recommendations: Food Choices

I recommend eating lightly steamed vegetables, fresh salads, soups made from root vegetables, eating fresh fruit in season, or in the winter dried fruit such as apricots and figs (soaked in water 24 hours since they are too concentrated in sugar otherwise).

I would stay away from sugar and anything processed, fried, shellfish, etc. and stick to a vegetarian light diet. You don't have to starve or fast during the cleanses, but to make it easy on the body, avoid animal proteins such as meat, chicken, sausages, cold cuts, eggs, and dairy, coffee and alcohol. When we have inflammation we don't want to excite our digestive system with animal protein or too much raw food, or stimulants, as these are hard to manage when inflammation is present.



Conclusion

There are more things you can do to alleviate inflammation from the body. But the suggestions listed above can make a big difference. What's one of the most important starting points? Certainly eating foods that benefit your bodily system. Xooma's supplements, however, have made a big difference for many people. Beginning with X2O water to hydrate your entire system is the foundation, and to recap above, including these into your daily regimen: KardiaXyme, Omega 3/75, Assimilator and Adult SuperFood. Here's to taking control back of your body and making inflammation an unwelcome visitor!

Dr. Henriette Alban

As a Naturopathic Doctor and one of Xooma's most knowledgeable product experts, Dr. Henriette Alban knows how to help people gain a better understanding of their body's many health needs and how to support those needs.

