



ADVANCING
HEALTH
NATURALLY



**HOW TO REDUCE
INFLAMMATION
'NATURALLY'**

HOW TO REDUCE INFLAMMATION 'NATURALLY'

Experience less pain and more joy

*Are you ready to experience less pain and more joy?
Are your joints and muscles aching with no relief?
Are you tired of inflammation taking over your life?*

If you answered **YES**, then you're ready to join millions of others who experience debilitating inflammation every day and are ready to make a change.

Keep in mind, you're not alone on this journey. According to Medical Research, one in three Australians experiences chronic inflammation. This means up to 30% of Australians have had their health, mobility and joy taken from them by the debilitating effects of inflammation.

You and so many others deserve to live a life free of debilitating pain, disease, and illness. By **managing** your inflammation, you can begin to reduce the level of pain you're feeling right now and transform your life to an active and joyful life later. The good news is, we'll show you how to do exactly that.

In this handy guide, you will learn some tools and strategies to manage inflammation naturally without making dramatic lifestyle changes. This information is so simple and easy to use, you can practice these tools today and notice changes in your inflammation symptoms almost immediately.

NOTE: *This guide is not designed to diagnose, cure or treat inflammation or inflammatory ailments. Please contact your doctor or a medical professional before attempting any of the information in this guide.*

The ultimate goal is for you to take your health into your own hands and do what you can to manage your inflammation symptoms naturally.

So, let's begin. The journey to a healthier, joyful, and more vital you awaits.

'INFLAMMATION' WHAT IS IT?



Inflammation is a process by which your body's white blood cells and the reactions they cause to protect you from infection from outside invaders, such as bacteria and viruses. (1)

Science has proven that chronic, low-grade inflammation can turn into a silent killer that can contribute to many problematic health conditions.

The fact that three out of five people around the world die from a disease linked to inflammation raises serious red flags.

Thankfully, there is plenty you can do to greatly reduce or eliminate inflammation..

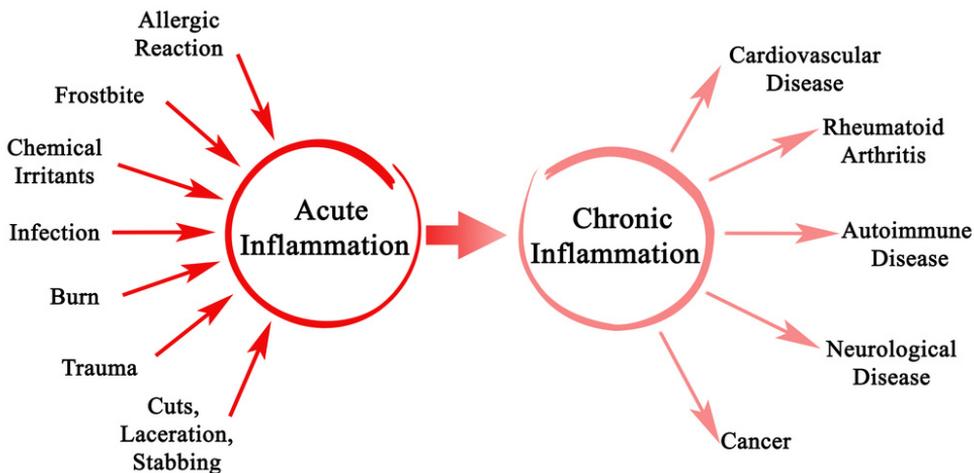
Inflammation, is your body's way of telling you something is wrong. It's like an emergency button that your body hits when an infection, disease, or damage has occurred. Inflammation is totally natural and healthy. In fact, it's your body's warning sign. One not to be ignored! If you do, the following health issues linked to inflammation may occur.

The following health issues are linked to inflammation:

- Joint pain
- Immune disorders Skin issues
- Diabetes
- Allergies
- Respiratory problems

We know inflammation doesn't feel great, but these health issues are your body's way of telling you something has gone horribly wrong. If you are experiencing inflammation, it means your body is trying to fix a problem but it is struggling to do so.

KINDS OF 'INFLAMMATION'



In other words, your body's calling out for help. While your body is waiting for your immune troops to arrive, here's what it's doing in the meantime to fight the issue.

Here's what the body is doing when it's inflamed:

- It's warning your immune cells that there is a potential invader.
- It's working on the issue to reduce the damage and minimise the spread of infection.
- It's releasing substances to repair the problem.

Think of inflammation as a firefighter or a policeman. They're there to help with an issue and try to make things better. The moment may be tense, hot, and even dangerous, but they go in with the tools they have and get to work. This is what happens with inflammation in the body.

Now, that we know what inflammation is and what it does, you should know what kind of inflammation you have. When you know what kind of inflammation you have, you'll be able to take the next step towards less pain.

The Two Kinds of Inflammation

There are two kinds of inflammation that may be affecting your health, happiness, and wellbeing. The two kinds often work hand in hand but may lead to separate health outcomes. ***Here's what you need to know.***



ACUTE 'INFLAMMATION'

Acute Inflammation

Have you ever gone for a walk or run and felt immediately sore afterward? How about a time when you tried a new strenuous exercise that left your arms and legs feeling tense? These are examples of acute inflammation.

Acute inflammation is considered “*short term*” inflammation. It happens when your body is responding to a recent tissue injury like a sore muscle after working out or a joint injury after overuse.

Imagine this. You stubbed your toe on the dining room table. You noticed a sharp intense pain, then a dull ache, and finally your toe became puffy and hot. This was acute inflammation.

You know you have acute inflammation when you notice: (2)

- Pain
- Redness
- Difficulty moving
- Heat
- Swelling

Keep in mind, sometimes acute inflammation can be silent. This means that your inflammatory responses may come later in the day or week.

For example, if you get a bruise from falling on the floor, perhaps the area is not immediately inflamed. But two days later, you may notice discoloration and pain in the area.



CHRONIC 'INFLAMMATION'

You know you have acute inflammation when the area is only inflamed for a matter of days or weeks.

This is not the type of inflammation that should really worry you long-term. It's the other type of inflammation that should be taken more seriously.

Chronic Inflammation

If you're struggling with pain every day and it doesn't seem to go away. Or if you've had severe health issues for months and years with very little change to your condition, you may be experiencing chronic inflammation.

Chronic inflammation is considered "long term" inflammation. This means that you experience inflammation in your body for long periods of time like months or even years. This is the inflammation that can cause deadly outcomes to your health and wellbeing.

The following list of health issues are commonly linked to chronic inflammation: (3)

- Diabetes
- Heart Disease
- Arthritis
- Psoriasis
- Allergies

Scientists are still researching the link between these diseases and chronic inflammation. However, scientists do know that they are often associated with inflammation.



These health problems can lead to chronic inflammation which can rob you of your health, mobility, and joy.

If you're still not sure whether you have acute or chronic inflammation, refer to the table below:

	Acute	Chronic
Cause	Bacteria or tissue injury	Bacteria or viruses that the body can't defend against and remain in your Immune System.
Speed	Fast	Slow
Duration	A few days	Months to years
Outcome	Inflammation goes away or becomes chronic inflammation	The problem worsens over a long period of time

But there's good news! Inflammation doesn't have to hurt you forever.

There are ways for you to manage your symptoms day-to-day with **100% natural lifestyle and diet changes.**

Here's 9 steps you can start implementing today to manage your inflammation naturally.



9 STEPS TO MANAGE YOUR INFLAMMATION 'NATURALLY'

CLEANSE YOUR ENVIRONMENT

To properly kick off your journey to manage inflammation, you must first cleanse your environment. There are tons of environmental toxins lurking and living in your home right now and they need to be removed immediately.

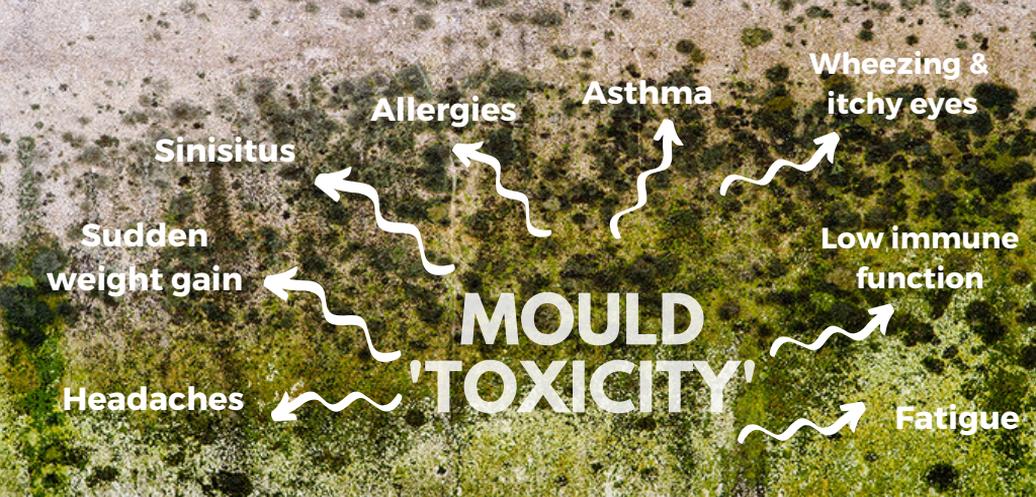
Step 1: Get rid of environmental toxins

One insidious toxin lurking in your cabinet right now is BPA. This is a known hormone disruptor that can potentially worsen your inflammation (4).

BPA lives in soft plastic containers you take home from the supermarket and thin water bottles. You can avoid the toxins found in BPA by replacing your soft plastic containers with glass containers. Mason jars and glass food storage containers are excellent alternatives.

You should also get rid of **synthetic** fragrances.

There are hundreds of chemical fragrances that lurk in your cabinets. From soap and candles to laundry detergent and air fresheners. Synthetic fragrances contain chemicals that if inhaled may cause triggers to your inflammation (5). Replace synthetic fragrances with natural scents like fresh flowers or essential oils.



CLEANSE YOUR ENVIRONMENT

Step 1: Get rid of environmental toxins

Mould is everywhere...did you know that?

Actually there's over **100,000 different types of mould** but only a handful are officially recognised, as dangerous.

Often the remedy is as harmful as the mould itself. (5)

It's a fact well recognised that extended periods of exposure to mould may create unhealthy living conditions for those individuals that are vulnerable. Typically, anyone immune deficient, with a pre-existing breathing condition, someone very young or very old.

Mould reproduces by releasing small spores, which are carried in the air and require water and nutrients to grow and multiply. Up to 10,000 mould spores per cubic meter can be present in an area and you would not know it. If you can actually smell mould, it means it is already present in high concentrations.

Fixing the source that is allowing the damp in, is the necessary first step to ultimately resolving the problem.

Using standard chemicals and fungicide treatments to address mould is intense and very toxic – and doesn't always work. If used over a long period it could cause harm to people and pets.

IDENTIFY FOODS

THAT **TRIGGER**
INFLAMMATION

&

THOSE THAT
SUPPORT
REDUCING
INFLAMMATION



CLEANSE YOUR BODY

Step 2: Foods triggering high inflammatory response

In the western world, we are constantly exposed to foods like white sugars, simple carbohydrates, and processed oils that can cause inflammation. **(6)** Food such as white rice, sugary soda drinks, and red meat can all cause the body to become inflamed. But wait, there're more foods to avoid if you want to feel less pain and live a healthier lifestyle.

Here are more inflammatory foods:

- Alcohol
- Dairy
- Bacon 'processed' meats
- Deli Meats 'processed'
- Soybean, Sunflower, Rapeseed and Safflower Oils, Hot Dogs and Sausages
- Mono-sodium glutamate (MSG) a flavour-enhancing food additive
- White Flour, Bread - products that contain gluten 'pasta', 'breads', etc

Eat these anti-inflammatory foods

Now that you've removed most of the inflammatory foods from your kitchen, it's time to **bring in the anti-inflammatory foods**. There are foods rich in vitamins and minerals which can help reduce your inflammation. What's cool is that there are animal-based and **plant-based foods** on this list so there's something for everyone. **(7)**



REAL FOODS

FOODS THAT SUPPORT REDUCTION OF INFLAMMATION

Foods that support the body to reduce inflammation

FRUITS

- Apples
- Avocados
- Oranges
- Lemons
- Limes
- Berries
- Watermelon

NUTS & SEEDS

- Hemp Seeds
- Cashews
- Walnuts
- Almonds
- Flax Seeds
- Chia Seeds
- Sunflower Seeds

CONDIMENTS

- Apple Cider Vinegar
- Almond, Cashew or Sunflower Seed Butter
- Raw Cacao Powder
- Fresh and Dried Herbs

VEGETABLES

- Leafy greens
- Broccoli
- Cauliflower
- Cucumber
- Carrots
- Beats
- Mushrooms
- Peas
- Sweet Potatoes
- Zucchini
- Squash

GRAINS

- Brown rice
- Wild rice
- Buckwheat
- Millet
- Quinoa
- Whole Grain Products

PROTEINS

- Eggs
- Turkey
- Chicken
- Salmon
- Trout
- Lentils

OILS

- Hemp Seed Oil
- Extra Virgin Olive Oil
- Coconut Oil
- Avocado Oil
- Walnut Oil

DRINKS

- Filtered Water
- Green Tea
- Herbal Tea
- Coconut Water



INTERMITTENT FASTING BENEFITS

Fasting is as old as humanity itself and is squarely anchored in our genes. It has amazing effects on our health and our life span. In fact, it's like a magic bullet. And maybe that's the reason it hasn't been completely forgotten over time, although it's become increasingly rare for people in the Western world to go hungry during hard times. (8)

Step 3: Intermittent Fasting

Types of Fasting include:

- Long Term Fasting
- Therapeutic Fasting
- Juice Fasting

Inflammation is often misunderstood, as it is frequently considered to be something bad for you, something that has to be stopped. But inflammation can actually be a good thing, since it 'ignites' a healing process the body needs to survive.

On the other hand chronic inflammation as outlined earlier in this guide, is a genetically unforeseen process that occurs because repair activities were not properly concluded. Although it is a well known medical fact that inflammation is supposed to maintain or re-establish the integrity of the body, doctors often prescribe anti-inflammatory drugs to combat it. For example, inflammation of the Achilles tendon, which arises when the tension in the calf muscles becomes too great, leads to micro tears and swelling of the tendon.



INTERMITTENT FASTING: 16-8 METHOD

The body attempts to repair the damage and pain ensues. If the tension on the muscles is not reduced, further tears occur, and the original inflammation becomes chronic, since the repair action cannot be completed. Instead of normalising the muscular-fascial tension, the treatment is often to pump steroids into the tendon, abruptly ending the body's repair mechanism. So, it's no surprise that the tendon will never fully heal and may continue to tear.

Intermittent Fasting Puts an End to Inflammation

Inflammation stops naturally - thus the body heals - only if it has been fully carried out. That means that the metabolic 'accident' has been eliminated or the proper structure has been reinstated. The healthier we live, the quicker this process can take place. But if we try to put an end to inflammation with a medical bandaid, we effectively interrupt the body's natural healing process. Intermittent fasting supports the healing of inflammation by allowing the repair process to take its course. Many health professionals have observed in many clients health journey that their inflammation marker CRP (C-reactive protein) returns to normal upon practising intermittent fasting.

Intermittent fasting has emerged as an evidence-based revolution in health and wellness.

And even if you usually eat meat and fish, why not do a vegan intermittent fasting reset? You can start at any time and lose weight while still eating the foods you love. The popular 16:8 method, you eat 2 to 3 times over 8 hours, then fast for 16 hours (which, of course, includes time spent asleep). The results can be astounding: weight loss, a stronger immune system, increased longevity and so much more.



REGULAR EXERCISE

REACH GREATER VITALITY

What exactly is vitality?

Well, Vitality is the state of being healthy, capable, and energetic - isn't that what we all aspire to? Vitality is the final phase required to send inflammation to the cleaners. So how exactly can you achieve vitality?

Step 4: Start a Regular Exercise Routine

Regular exercise can change your life. It doesn't matter how much or little you can move, just move. If pain and inflammation cause movement challenge for you, here are a few exercises that may help.

- ***Taking a casual walk***
- ***Light yoga***
- ***Standing up and sitting down***
- ***Stepping forward and stepping back***
- ***Arm circles, full body stretching***
- ***Wiggling your toes***

As long as you build a regular exercise routine, you will notice improved health conditions and more joy as time goes on.

Step 5: Practice Mindfulness

Taking care of your brain and mental health is just as important as taking care of your body. Mindfulness is the act of being aware of your thoughts, feelings, bodily sensations, and the surrounding environment. Mindfulness is important to reaching vitality and managing inflammation because it can help you tune into your body's needs, reduce stress, and help your body relax. The brain is a muscle that can be trained to keep you balanced at all levels of your journey.



Step 5: Practice Mindfulness

Mindfulness - here's a few ways to practice:

- Meditation
- Silent walks
- Eating food slowly
- Expressing gratitude to friends and family
- Journaling
- Reading

Step 6: Sleep More

Proper **sleep** is probably the most overlooked aspect when it comes to your health. A good night's rest is critical for an immune system that can fight inflammation. These days, you may get into bed after being exposed to bright lights in the house or while using your smartphone. With all of the light and distractions, getting a good night's sleep can be difficult.

However, experts recommend getting **7-9 hours of sleep a night** to improve your immune system and support your inflammation response (9).

Step 7: Soak Up The Sun

One way to kickstart a stronger immune system is to feel the sun on your skin. Sun exposure can improve your mood, stimulate vitamin D production in the skin, and encourage your immune system to ramp up (10). You can take a casual walk around the block or sunbathe on the beach. However you get sun in your life, your immune system will thank you.



REACH GREATER VITALITY

Step 8: Get a Professional or Self Massage

When your body is massaged, your muscles, tissues, and organs can release toxins and remove them. Whether you get a professional massage or you massage yourself, you will be encouraging the release of toxins that keep your immune system occupied. By releasing toxins in your joints and muscles, you will help stimulate your immune response and free up your system to manage your inflammation. It's like giving your body a vacation so it can come to work feeling refreshed **(11)**.

Step 9: Manage Your Stress Levels

In order to reach a healthier state with less inflammation and more vitality, you must learn to manage your stress. High-stress levels can be a trigger for inflammation **(12)**. If you're experiencing stress right now, stop what you're doing, have a few deep breaths and take your mind off the problem for a moment. This is a small but mighty act that can lower your stress levels and help reduce the triggers that worsen your inflammation.

Here's a few ways that will help reduce stress:

- Meditation and Yoga practices
- Time in nature and with friends
- Exercise
- Expressing gratitude
- Journaling
- Reduce 'Oxidative Stress' in your body

OXIDATIVE STRESS



LINK TO INFLAMMATION

At Advancing Health Naturally, we know inflammation is stopping you from living a pain-free, healthy lifestyle. That's why we offer natural solutions that can help you on your journey from idle to vital.

With diet and lifestyle changes, we believe 'activation' can further enhance and support a healthier life with less pain, inflammation and more joy.

Here's what we know about the massive benefits of reducing oxidative stress and its link to pain and inflammation.

The oxidative stress theory is relatively easy to understand because there is an apt metaphor to help explain it.

Oxidative stress, in essence, is like the accumulation of rust on a car. Through the years of wear and tear, rust slowly begins to show. First a little here, then a little there. Eventually, rust begins to overtake the entire thing.

Your cells act in a similar way. Researchers found early on that as you age, you begin to accumulate free radicals and other oxidants.

This can come from pollutants in the air you breathe, the food you eat, your own metabolism, and even the simple act of living in an oxygen-rich atmosphere.

The very act of living and interacting day to day introduces these free radicals and toxins into your bodies. If left unchecked, this can impact cell health and function. This is oxidative stress, the actual oxidative damage where oxidants (or these *free radicals*) are attacking the structures inside your cell (13).

READY TO TO BOOST YOUR HEALTH?

Start reducing your Oxidative Stress today

"The health effects of
Nrf2 may well
become the MOST
extraordinary
therapeutic
BREAKTHROUGH in
History!"

~ *Washington State
University*



HEALTH THROUGH NUTRIGENOMICS

*'Health Activating' products to support your
journey to Feel better, Look Better and
Perform Better*

The impact of good nutrition on gene expression to support a healthy and happy life.

Protandim® & Protandim NRF1 Synergizer® activation products use ingredients to **reduce oxidative stress** and work on a cellular level to **enhance energy** levels.

CELLULAR SCIENCE WITH SPECTACULAR RESULTS

Helping people maintain optimal health as they age was simple: combat oxidative stress at the cellular level. **Stronger, healthier cells for a healthier life.**



PROTANDIM® NRF2 **AGING'S SECRET UNLOCKED**

The sun, the air, even sleeping — life takes its toll. Protandim Nrf2, a patented formula, supplements what daily living takes out. Free Radicals, generated through the process of living life (**eating, sleeping, breathing, exercising**), are inevitable for everyone. Comprised of natural plant ingredients.

CAN HELP YOUR BODY: *combat free radicals*



ENHANCE ENERGY LEVELS

PROTANDIM® NRF1 **SYNERGIZER** **TAKE THE POWER BACK**



Using nutrigenomics, our research shows that keeping your energy at peak performance starts with the NRF1 pathway. By activating that pathway, Protandim NRF1 Synergizer works on the **cellular level to enhance energy levels**. And that gives your cells the energy they need so that you feel more active, alert, and younger.

DESIGNED TO: enhance energy levels

Engineered to:

- Improve performance through energy production
- Enhance cellular health – cells function at peak performance
- Improve sleep quality and promotes cellular repair
- Create new mitochondria and their ability to network
- Slows down cellular aging by supporting chromosome integrity

GET THE 1-2 PUNCH BY COMBINING **PROTANDIM® NRF2 & PROTANDIM® NRF1**

LET'S DO THIS... BOOST YOUR HEALTH AND GET ACTIVATED!!

THE 1-2 PUNCH TO MAXIMIZE YOUR GENETIC POTENTIAL



PROTANDIM DUAL

Protandim Nrf1, Protandim Nrf2

Protandim Nrf2 & Nrf1 Synergizers effectively reduce oxidative stress and support mitochondrial production to fight the effects of aging.



Next Step

Put it to the test yourself



Order Now



ADVANCING
HEALTH
NATURALLY

This e-book is written by Advancing Health Naturally and is © Copyright Protected

#20



LET'S CHAT

STILL UNSURE HOW TO GET STARTED?



ADVANCING
HEALTH
NATURALLY

**BOOK A FREE
CONSULTATION
WITH
HELGA DALLA**



**BOOK
HERE**



ADVANCING
HEALTH
NATURALLY

This e-book is written by Advancing Health Naturally and is © Copyright Protected

#23