



About Us | Contact Us | Write for Us | Advertise

Search our archive of over 1,653 articles

SEARCH

- HOME
- MIND & BODY
- NATURAL LIVING
- NATURAL SOLUTIONS
- HEALTH FREEDOM
- FOOD & RECIPES
- FITNESS & WELLNESS

PRODUCT GUIDE


10 Anti-Inflammatory Supplements That Work

October 21, 2009

Posted by [Gale Maleskey, MS, RD](#)

- [Tweet](#) (5)
- [Like](#) 21
- [Email](#)

Like

5 Foods you must not eat:
 Cut down a bit of stomach fat every day by never eating these 5 foods.  Never eat



Inflammation — pain, swelling, redness and heat — is a double-edged sword. This immunity-mediated process is crucial when you have an injury. It helps your body fight infection and clear away damaged tissue. But **inflammation** can become a chronic condition if your body fails to shut off this reaction, or activates it when there is no apparent trigger.

Inflammation can last for years. It can target a particular area — like your skin, sinuses, prostate, bladder or gums. (Any diagnosis that ends with “-itis” is an inflammatory condition.) Inflammation can become a body-wide condition, and has been identified as the underlying cause of many diseases, including heart disease, type 2 diabetes, cancer, rheumatoid arthritis and neurological degeneration, including Alzheimer’s and Parkinson’s diseases. **Inflammation is a big threat.** That’s why it’s so important to get it under control.

A diet focused on vegetables, fruits, fish, olive oil, nuts and whole grains can reduce

inflammation. Nutritional supplements also help, and unlike drugs, they work without causing stomach ulcers. There are plenty of [natural inflammation-fighters](#). Here are our top choices:

1. Fish Oil

Fish oil is rich in [omega-3 fatty acids](#), which decrease the body's production of a long list of pro-inflammatory biochemicals, including the same ones targeted by most NSAIDs — cyclooxygenase (COX 1 and 2). It also helps to reduce levels of inflammatory interleukins, specifically interleukin-1, a marker of chronic inflammation. In studies, people with rheumatoid arthritis who took fish oil were able to reduce their dosage of anti-inflammatory drugs. They also reported less pain and stiffness.

Fish oil has a synergistic effect with aspirin on inhibiting synthesis of thromboxane A2 and the highly inflammatory leukotriene B4. It's reported to help asthma, cystitis, hepatitis, pancreatitis, prostatitis and dermatitis.

Sponsored Link

[Reduce your inflammation with the purest and most potent all natural fish oil available.](#)

Immune cells cause oxidative damage as they fight infection, and ongoing oxidative damage drives chronic inflammation. Reducing oxidative damage can help control inflammation. Antioxidants like [vitamin C](#), [vitamin E](#) and [selenium](#) all help to control oxidative damage by neutralizing "free radicals," the molecular renegades that cause oxidative damage and can start a chain reaction that keeps it going.

3. Quercetin

The [anti-inflammatory effects of quercetin](#) seem to come from its ability to dampen the production and activity of pro-inflammatory biochemicals such as leukotrienes and prostaglandins, and to block the release of histamine, the biochemical that causes allergic symptoms like runny nose and itchy eyes. [Quercetin](#) also seems to help symptoms of irritable bowel syndrome and chronic, nonbacterial prostatitis.

4. Bromelain

This protein-dissolving enzyme is obtained from the stem and fruit of the pineapple. Bromelain seems to exert its anti-inflammatory effect by altering leukocyte migration and activation. Leukocytes are white blood cells that help fight infection but can also perpetuate inflammation. Bromelain is good for an acute injury or inflammation caused by ongoing injury, such as osteoarthritis, with its ongoing injury to joint cartilage.

5. Resveratrol

Some evidence suggests that [resveratrol](#) is a more potent anti-inflammatory agent than NSAIDs such as aspirin, ibuprofen, or indomethacin. Injections of resveratrol into the joints of animals decreases inflammation and reduces cartilage destruction. Like ginger and fish oil, resveratrol inhibits a number of inflammation-producing biochemicals, including COX-1 and COX-2. It also seems to have a regulating effect on certain immune cells. It may reduce T cell proliferation. T cells are involved in some autoimmune diseases, including rheumatoid arthritis. It also affects cells called granulocytes, which are associated with the inflammation produced in chronic obstructive pulmonary disease, so it may be helpful in reducing the lung damage



associated with this smoking-related ailment.

6. Flax Seed Oil

For some reason, flax seed seems to especially target the skin. In zoos, it's given to hippos, elephants and rhinos to help keep their massive hides healthy. Some of the fat in flax seed oil converts to EPA and DHA, the same active components in fish oil. Flax seed oil can be a good addition to fish oil, especially if you are on a low-fat diet or have dermatitis — dry, scaly, itchy skin.

7. Curcumin

Curcumin, a component of the yellow spice turmeric, found in curry, may have special anti-inflammatory properties in the eyes, where a layer of yellow pigment helps to protect the retina — and especially, the macula — from the harmful effects of sunlight. The pigment actually acts as a filter, blocking harmful blue UV light from striking the retina. Curcumin has been proven helpful for chronic anterior uveitis (an inflammation of the front part of the eye) and for macular degeneration.

8. Ginger

Certain constituents of ginger, called gingerols, have a strong anti-inflammatory effect. They inhibit a number of biochemicals that promote inflammation, including COX and lipoxygenase pathways. Ginger has been shown to reduce pain from both osteoarthritis and rheumatoid arthritis. However, you will need to be patient. It can take up to three months of treatment to get relief.

9. Alpha Lipoic Acid

Alpha lipoic acid is a coenzyme that has lots of talents, including antioxidant and anti-inflammatory protection. It is both fat and water soluble, and can regenerate other important antioxidants like vitamins E, C and glutathione. It provides anti-inflammatory protection in blood vessels and in the fatty tissues of the brain and nerves. It's a must for anyone with diabetes, neuritis or neuropathy, since it also improves glucose metabolism and blood flow in nerves.

10. Zinc

Many people take zinc to boost their immunity, but recent research shows that zinc may also be a natural inflammation fighter. Popping zinc regularly can help reduce inflammation and has also been shown to offer immune support. Researchers at Wayne State University in Detroit, tested whether zinc supplementation decreases oxidative stress. They found that consuming 25 mg three times a day for three months decreased TNF-alpha, a cytokine that amplifies inflammation.

The Anti-Aging Bottom Line: Chronic, uncontrolled inflammation has been linked to a wide range of health problems which can dramatically affect your quality of your life as you age. But research has shown that anti-inflammatory supplements can provide effective relief with virtually no side effects. Before you start taking a NSAID or other potentially dangerous drug to deal with inflammation, why not consider some safe natural alternatives?



You might also like:

- Label It Now: New E-Book Explains Everything You Need to ...
- Olive Oil: The Latest Brain Food
- Book Review: 30 Lessons for Living: Tried and True Advice ...
- Live in the Now Partners with Voice for HOPE to Protect ...
- How Having a Dog Could Save Your Life

LinkWithin

21

0

5

Like

Tags: [curcumin](#), [inflammation](#), [natural alternatives](#), [quercetin](#)

Ads by Google

Supplements

Inflammation

Anti Stress

[Email This Post](#) [Print This Post](#)
Anti Aging

Leave a Comment Below Using Facebook [Or Comment as a Guest Using Disqus](#)