



HEALTH & HEALING

The dangerous fire within

by **Mike Ventresca**
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What does a stubbed toe have to do with your risk of having a heart attack or developing cancer? More than you may realize. Over the past several years, scientists have confirmed a strong link between inflammation and many diseases, including arthritis, cancer, heart disease, and



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Alzheimer's disease. It's pretty simple -- the more inflamed you are, the greater your risk of developing one of these diseases.

Does this mean all inflammation is bad? No. In fact, inflammation is necessary for a variety of purposes including helping an injury to heal or to remove toxins. The problems start

when the inflammation doesn't stop like it should.

So what causes inflammation to burn out of control? For many, the problem begins with diet and lifestyle. Diets high in meat, corn, peanuts, dairy and eggs have been shown to increase inflammation. Even stress has been shown to play a large part in increasing inflammation in the body. While one of the first and most common signs is pain, inflammation often exists without obvious symptoms making the detection of "hyper-inflammation" even more difficult.

What can you do to protect yourself from

hyper-inflammation? One answer, which comes from respected integrative medical expert Andrew Weil, M.D., is to eat more anti-inflammatory foods, including ginger, turmeric, green tea and rosemary. Dr. Weil recommends eating these foods as often as possible to reduce inflammation and ease joint pain.

If you find it difficult to eat these daily, try Zyflamend from New Chapter. Zyflamend combines ginger, turmeric, green tea, holy basil, rosemary and several other anti-inflammatory spices and herbs in a softgel. I take it every day because even though I like ginger and curried foods, I don't eat them as much as experts like Dr. Weil recommend. I also opted for Zyflamend over similar products because it has been clinically studied and proven effective by both the Cleveland Clinic and Columbia University.

For more information about inflammation please feel free to stop in the store.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00130001



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