

Natural Anti-inflammatory Options

Natural anti-inflammatory options are excellent ways of dealing with inflammation from a variety of issues. Whether from arthritis, an injury, cardiovascular needs, or chronic autoimmune diseases such as rheumatoid arthritis, asthma, and allergies.

They can offer substantial relief with no side effects..

1. Fish oil / Omega Three Fatty Acids
 - are the best over all anti-inflammatory. Work on the same enzyme path as OTC NSAIDS. Great overall AI with multiple other health benefits that make fish oil the first and most efficient food source supplement to choose. This is essential because our body needs this nutrient for multiple functions and cannot make it on its own. Natural food sources are cold-water fish, flax seed and flax seed oil and grass fed animals. Dosage 1000-3000 mg / day
2. Boswellia- also known as frankenscence, boswellia is a wonderful replacement for aspirin and nsaid. This herb down regulates inflammation and should be taken like a medicine on an as needed basis.
3. Bromelain- Is an enzyme which is found in the core of a pineapple. We prefer this for athletic injuries and for pre and post surgical needs. It is fabulous at reducing healing times in both circumstances. 10,000 mcu is the dosage need for effectiveness. That is two capsules / day. Key detail for bromelain to work is that it must be taken on an empty stomach.

Investigate fish oil and some of its benefits on the omega-research.com link.