

Formula for home-made anti-inflammatory

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This is a herbal anti-inflammatory formula based on Turmeric. It is particularly useful for musculoskeletal inflammation/pain and inflammation of nerves (neuritis). Over 200 scientific trials of turmeric have shown it to be more effective than ibuprofen. Turmeric is a food, and so is very safe when taken in reasonable quantities. It may also be used to replace aspirin and paracetamol in some circumstances.

Turmeric has to be mixed with food so that its full medical properties can be released – and in particular black pepper...

Warning! *This is meant to replace OTC (over-the-counter) anti-inflammatories¹ and other non-critical medication, and is NOT a replacement for medical diagnosis or treatment by your GP.*

The formula:

Turmeric – either a very heaped teaspoon of powder or about 1 inch of fresh root

Black Pepper – several generous sprinkles of freshly ground pepper (this releases 30x more curcuminoids than are available without the black pepper)

Yogurt – one large dollop – improves the taste, provides protein and fats to improve turmeric release and absorption

Several pieces of fresh Fruit and/or veg to taste – improves the taste and provides carbohydrates and roughage to improve turmeric release and absorption

Water – one large mug of water. The water is to make the whole mix easily drinkable as a smoothie.

Blend all this into a smoothie and drink... once per day for about 3 or 4 days is usually enough. If you need to take it for longer, then you also probably need some kind of treatment. If you have to take turmeric (or any other herb) long term for any reason, you should always consult a professional herbalist. You should also give yourself a break every month by NOT taking the herb for a few days .

¹ Ibuprofen, Diclofenac, Celecoxib and Naproxen have been shown to increase risk of heart-conditions by 50%, and have other side effects (such as digestive problems). All of these are NSAIDs or non-steroidal anti-inflammatories

The above basic mix is also a useful base formula for a home-made antibiotic.

Add :

Oregano : a level teaspoon full of preferably fresh leaves
Half an onion
four pieces of garlic

It is also a useful base formula (because of the high level of curcuminoids) for an anti-flu mix.

Add :

either Echinacea tincture (as recommended on the bottle)
or one Olive leaf extract capsule
or Olive leaf tincture (as recommended on the bottle)
plus 1000 – 2000mg Vitamin C

There are several variations in how people's immune systems work. Personally, I don't usually do so well on Echinacea, but I do respond very quickly to powdered olive leaf extract. Tinctures go more quickly into the blood stream, and powdered extracts work more strongly on the digestive system. Use whatever you have found works best.

Contraindications : Do NOT use this formula if taking blood thinning agents (e.g. warfarin), or if you are bleeding excessively during menstruation, or if you have gallstones². *If you know you are allergic to any of the ingredients, change them for something that you are not sensitive to... e.g. Yogurt may be replaced by Soy Yogurt or even a spoonful of porridge oats.*

2 Andrew Chavalier (2007) Herbal Remedies. Publ Doring Kindersley (Eyewitness companions series) ISBN-13: 9781405312820