

# Natural pain relievers and anti-inflammatory

**Ginger:** This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice

**Boswellia:** Also known as boswellin or "Indian frankincense," this herb contains specific active anti-inflammatory ingredients. This works well with many of my rheumatoid arthritis patients

**Fish and Krill Oils:** The omega-3 fats EPA and DHA found in fish and krill oil have been found, by many animal and clinical studies, to have anti-inflammatory properties that reduce joint inflammation and promote joint lubrication.

**Bromelain:** This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form, but eating fresh pineapple may also be helpful.

**Cetyl Myristoleate (CMO):** This oil, found in fish and dairy butter, acts as a "joint lubricant" and an anti-inflammatory. This will also relieve ganglion cysts and a mild annoying carpal tunnel .

**Evening Primrose, Black Currant and Borage Oils:** These contain the essential fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain. It is reasonable for many to take these as a supplement, particularly if you struggle with dry skin in the winter, as this is a strong indicator that you are deficient in these fats. GLA supplements from evening primrose oil but borage oil contains a higher concentration of GLA, which means you need fewer capsules, and it tends to be less expensive.

**Cayenne Cream:** Also called capsaicin cream, this spice comes from dried hot peppers. It alleviates pain by depleting the body's supply of substance P, a chemical component of nerve cells that transmits pain signals to the brain.

**Moist Heat :** place a damp cloth in the microwave for a few seconds until hot be careful to not get burned place the moist heat directly on the affected area, this will increase blood flow and increase inflammation and that is how the body heals!

# Anti-Biotic Alternatives

\* **Vitamin C:** Robert Cathcart, M.D. - probably the most experienced therapist currently using very high doses of ascorbic acid. In a published report he describes the use of oral vitamin C in bacterial infection with doses as high as 200 grams or higher.

- **Grapefruit Seed Extract:** "Citricidal," a natural antibiotic made from an extract of grapefruit seed, was developed from the observation that something in grapefruit (though not in other citrus fruits) keeps bacteria at bay for extended periods of time. Bio/chem Research in California has done extensive research on the antibacterial, antiviral, antifungal, and antiparasitic properties of this amazing substance.

\* **Olive Leaf Extract:** This bioflavonoid and antioxidant has been tested as an antimicrobial agent, with sufficient power to achieve a published status in peer-review journals. For anyone who might try olive leaf extract (OLE), Dr. Spreen offers this suggestion: "I'd add some acidophilus culture (also called probiotics) to the mix, during and for a few days after the use of OLE. The situation here is that OLE is such a good antibacterial that it can also kill the 'good guy' bacteria that we need in our gastrointestinal (GI) tracts."

\* **Colloidal Silver:** Jonathan V. Wright, M.D.'s research has found that bacteria have an enzyme system that is disrupted by the presence of silver ions, causing the organism to die. In fact, it was commonly used as about the only hope against severe infections prior to the advent of antibiotics in the 1940's. Adult doses of "One tablespoon of colloidal silver at a 40 ppm (parts per million) concentration at the first signs of any infection and 1-2 teaspoons three to four times daily until the infection is gone. Then stop!"

**Garlic and Onions:** both are very powerful antimicrobial!

Bottom line: Everyone - both women and men - should press their doctor for details whenever an antibiotic is prescribed. There are times when antibiotics can save lives, but when they're casually and repeatedly used as insurance against possible infection, they may be promoting much greater harm than good.

For more vital Info. Contact  
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[www.thearthritisisreversalsystem.com](http://www.thearthritisisreversalsystem.com)

# Keys to a Strong Immune System

## The 6 Keys to Health:

1. Proper Nerve Supply....Get your Nervous System Checked!!
2. Exercise for Detox ... 30 minutes per day
3. Real Food ...at least 50% raw, fresh
4. Water .... 50% of your body weight in ounces
5. Rest ... no TV before bed, and sleep by 10
6. Prayer and Meditation .... Daily

## Supplements:

Everybody

Everyday

1. Fish oils
2. Pro-biotics
3. mineral

## Supplements

4. digestive enzymes

### Good Fats:

Saturated Fats Coconut oil, olive oil

### Toxic Fats:

All vegetable oils except cold pressed olive oil

NO: Corn oil, Canola oil, Soy oil, Flax oil, etc... (Vegetable oils are soaked in solvents to extract the oil and then the oil is heated to burn off the solvents creating free radicals)

### Eliminate Animal Products Best!!

#### Meats if you choose Meat:

Hormone free, Grass fed beef/ lamb/ buffalo. Range free, hormone free chicken/turkey/duck. Wild salmon, Small wild fish

#### Toxic Meats:

Grain fed beef/lamb get sick and have to be fed antibiotics... sick animals give sick meat. Commercially produced pork is loaded with hormones and antibiotics. Commercially produced hamburger, hot dogs!

### Good Fibers:

Vegetable fibers (broccoli, raw carrots, bell peppers, apples, oranges, cauliflower, etc...) 1 lb of vegetables for every 50 lbs of body weight (Vegetable juicing). Eat a lot of nuts and salads. Bean salads ( Kidney beans, peas, green beans, garbanzo avocados, Anything that has a lot of color and grows in the garden, not processed.

**Soluble fiber** is found in oats, oatmeal, oat bran, beans, legumes, barley, citrus fruits and many other fruits.

### Bad fibers:

Cereal fibers, Fiber from most breads, rice (rice bran is good fiber).

**Natural Antibiotics:** Garlic, Honey, Onions, Heat, Sunlight, Personal Hygiene

**Dangerous foods/ products:** Aspartame, Splenda, trans fatty acids, All processed Soy products, any product containing hydrogenated oils, all fast food, All fluoride products, pasteurized or homogenized dairy products (raw dairy is Great for you)

For more information ask Dr. John Bergman  
714-962-5891 [www.bergmanchiropractic.com](http://www.bergmanchiropractic.com)

Green Tea	Combats cancer	Protects your heart	Helps prevent strokes	Promotes weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Fights Allergies Kills Bacteria	Increase energy
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy ,wound healing
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops limes Disease, scurvy
Mangos	Combats cancer	Boosts memory	Regulates Thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthen bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smooths skin
Olive Oil	Protects your heart	Promotes weight loss	Combats cancer	Battles Diabetes	Smoothens skin
Onions	Reduce risk of heart attack	Combats cancer	Protects your heart	Kills fungus	Kills bacteria and virus
Oranges	Supports immune system	Combats cancer	Protects your heart	Straightens respiration	Aids wound healing
Peaches	Prevents constipation	Prevents cancer	Helps stop strikes	Aids digestion	Helps Hemorrhoids
Pineapple	Strengthen bones	Relieves colds	Aids digestion	Dissolves warts Helps diarrhea	Anti-Inflammatory
Prunes	Slows aging	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Strawberries	Combats cancer	Protects your heart	Boosts memory	Protects your heart	Helps prevent birth defects
Sweet Potato	Helps eye sight	Lifts mood	Combats cancer	Strengthen bones	Slows weight loss
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	Aids digestion
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes weight loss	Combats cancer	Prevents kidney stones	Smoothens skin	Detoxifies your system
Watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps prevent stroke	Controls blood pressure
Wheat germ	Combats colon cancer	Prevents constipation	Lowers cholesterol	Helps prevent stroke	Improves digestion
Wheat bran	Combats colon cancer	Aids digestion	Promotes healthy arteries	Helps stop stroke	Improves digestion
CHIROPRACTIC	Restores normal motion to the joint	Turns the power of our nerves up!	Effective for over 20,000 different conditions	Prevents poor aging and arthritis	Keeps people in the state of wellness

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eye sight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers Cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Help stop strokes	Controls blood pressure	Smooths skin
Bananas	Protect your heart	Quiets a cough	Strengthen bones	Controls blood pressure	Block diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes Blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory Kills Bacteria	prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats cancer	Helps Insomnia	Slows aging process Kills Bacteria	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer	Controls blood pressure
Chili Pepper	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer Kills Bacteria	Boosts immune system
Figs	Promotes weight loss	Help prevent strokes	Lowers cholesterol	Combats cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your arteries	Combats cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fight fungus
Grapefruit	Protects against heart attack	Promotes weight loss	Help prevent strokes	Combats prostate cancer	Lowers cholesterol
Grapes	Great for sight, antioxidant	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart