



Mike Casey

Herbal Remedies Class Three: Herbs for Pain and Inflammation

- A. **Turmeric:** Turmeric has strong anti-inflammatory properties and traditionally used for liver and blood conditions. It contains curcumin and curcuminoids which are the active constituents that make it a **first rate natural remedy for arthritis. It has anti-inflammatory ingredients that can also help alleviate pain.** In numerous studies, curcumin's anti-inflammatory effects have been shown to be comparable to the potent drugs hydrocortisone and phenylbutazone as well as over-the-counter anti-inflammatory agents such as Motrin. Unlike the drugs, curcumin produces no toxicity.
- B. **Cats Claw:** Cat's claw is a potent anti-inflammatory herb. Alkaloids found in the bark and roots of Cat's Claw have been documented to stimulate the immune system and reduce inflammation. Cat's claw extract inhibits the production of tumor necrosis factor-alpha, an inflammatory messenger that sets the stage for both acute and chronic inflammation. Cat's claw extract **suppresses inflammation to promote healthy joint structure and function, as well as relieve the pain and discomfort of arthritis.**
- C. **Ginger:** Ginger is a powerful anti-inflammatory herb and there has been much recent interest in its use for joint problems. Modern research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to **inhibit the formation of inflammatory compounds.** It is a warming remedy, ideal for boosting the circulation, lowering high blood pressure and keeping the blood thin in higher doses. Ginger is anti-viral and makes a warming cold and flu remedy.
- D. **Cayenne:** Cayenne is a natural anti-inflammatory and natural anti irritant, that is known as **one of the better arthritis pain relievers, and it is popular due to its attributes for killing pain.** It has numerous health benefits but its performance to help arthritis joint pain is one of its more well-known uses, and it is also excellent to aid the pain of gout, and may be used to help a number of other health issues. Cayenne stimulates every system and cell of the body. In the circulatory system, it helps the arteries, veins and capillaries regain the elasticity of youth by feeding the cell structure.
- E. **Boswellia:** The main active constituents of boswellia come from the gum resin of the tree, also known as frankincense. **Boswellia is widely regarded as a potent anti-inflammatory herb,** wherein its primary active ingredient, acetyl-11-keto- β -boswellic acid (AKBA), inhibits the inflammatory enzyme 5-lipoxygenase. Besides being an effective anti-inflammatory, boswellia can be an **effective painkiller and**

may prevent the loss of cartilage. Some studies have found that it may even be useful in treating certain cancers, such as leukemia and breast cancer.

- F. **Devils Claw:** Devils Claw has been found to contain several anti-inflammatory compounds and several active constituents that make it valuable for many medicinal purposes. The combination of anti-inflammatory, antispasmodic and digestion-enhancing agents supports the use of devils claw for those purposes. **It's most popular use today is to relieve arthritis pain and inflammation.** Use of devils claw extract has been proven to improve motility and a reduction of pain sensation in several clinical studies. It's also proved valuable for the supportive treatment of degenerative painful rheumatism.
- G. **Bromelain:** Bromelain is a protein-digesting enzyme found in the fruit and stem of pineapple. Numerous studies have shown that bromelain can be as effective as anti-inflammatory drugs for dealing with the pain of osteoarthritis. **It has powerful effects in alleviating pain, swelling and inflammation.** Experts suggest consuming bromelain between meals to capture its anti-inflammatory benefits. To promote healthy digestive function, take it with meals.
- H. **Arnica:** Arnica is a traditional remedy used to alleviate bruising but there has been a lot more research into its effect on inflammation and pain. It is said to **contain potent anti-inflammatory agents** that can be absorbed through the skin to protect damaged blood capillaries, sore muscles and joints. Its use prevents bruising and hematomas to appear and reduces pain. **The anti-inflammatory properties make it very useful in treatment for rheumatoid arthritis, and also lessens muscle pain.**
- I. **Essential Oils For Pain/Inflammation:** Essential oils are powerful as they are the **most concentrated form of the plant/herb and contain the highest amount of the active compounds.** These oils have been shown to be anti-inflammatory and pain relieving: Lavender, turmeric, ginger, peppermint, wintergreen, frankincense, copaiba and eucalyptus.

Pain Relieving Herbs

- J. **White Willow Bark:** White willow has **traditionally been known for relieving pain.** Its main substance is salicin. White willow bark is what aspirin was made of in the early days of medicine. It's used to reduce fevers, pain, and inflammation in conditions such as painful menstruation, arthritis, and neuralgia. It works slower but lasts longer than aspirin and has less gastronomic side effects. The great thing about white willow is that it will not thin the blood or irritate the stomach like aspirin. **It is renowned for its anti-inflammatory and analgesic action, which makes it ideal for the treatment of arthritis, rheumatism and other joint and muscular pain, as well as headaches and migraines.**
- K. **Corydalis:** Corydalis is valued as **one of the top non-addictive pain herbs of the world.** It's used for all types of pain including nerve, joint, abdominal, menstrual, muscular and heart. **It is excellent for arthritis and rheumatism.** It also is known for relaxing and calming the nervous system and for helping with spasms, convulsions and seizures.

- L. **Kava Kava:** Kava Kava is one of the most powerful herbal antispasmodics, especially useful for relieving nervous tension throughout the mind and body. It is an anti-anxiety herb and **powerful muscle relaxer, but also a potent painkiller**. Indigenous islanders use kava **to treat arthritis pain and to reduce overall chronic pain; to treat menstrual discomfort, to relieve tension and pain in muscles** and even to treat asthma and urinary tract infections. It does have relaxing and sedative properties which can be strong and cause drowsiness. It is often used as a sleep aid as well.

- M. **Valerian:** Valerian is a potent herb that is generally used for curing sleep related disorders. However, due to its **muscle relaxant properties, it can also be used for treating pain** and various other disorders of the body. **Valerian helps to treat joint and muscle pain** and also gastrointestinal problems. Valerian is also a sedative and hence you must be very careful about taking it when you are active and are required to be alert and vigilant.

- N. **Wild Lettuce:** Traditionally, wild lettuce has been found to be wonderful for anxiety and insomnia, as well as **for headaches, muscles, and joint pain**. Wild lettuce also helps to calm restlessness and reduce anxiety.

Other Mentions to Help With Inflammation/Pain

- O. **Castor Oil Packs:** Castor oil packs are **one of the most versatile ways to relieve pain, promote rejuvenation of the organs, and to restore energy to the body**. The best part is that castor oil packs feel amazing and you get to relax while doing them. **The active component in castor oil is ricinoleic acid, which has been proven to offer pain relief and to lower inflammation**. As an anti-inflammatory agent, it offers relief to a wide range of conditions such as arthritis, athletic injuries, carpal tunnel syndrome, digestive disorders, eczema, fibromyalgia, neuropathy and psoriasis. **The most profound results have been seen in reducing pain and inflammation**, aiding in the clearance of gallstones during a liver/gallbladder flush, greatly reducing liver, gallbladder and kidney pain, restoring energy during periods of exhaustion, detoxification or illness, aiding in the clearance of parasites, and offering profound pain relief for PMS/menstrual cramps.

- P. **Astaxanthin:** Astaxanthin is considered by many as **nature's most powerful antioxidant: 6,000x stronger than Vitamin C, 550x stronger than green tea and Vitamin E, 11x stronger than Beta-Carotene and 20x stronger than synthetic astaxanthin**. It is the ideal for protecting our cells and is the **ideal nutrient for our joints, skin, eyes and brain**. A great deal of research has been done into how astaxanthin reduces inflammation. As is true for many antioxidants, its anti-inflammatory properties are related to its powerful antioxidant activity. **Astaxanthin suppresses a variety of inflammatory mediators**.

- Q. **Alkalize, Alkalize, Alkalize and Detox, Detox, Detox:** As with any condition, alkalizing and detoxifying are key to bringing the body back in balance, removing toxins and speeding up the regeneration of cells and reducing pain and inflammation. **Acids and toxins are the main factors in creating pain and inflammation**. Diet comes first, but adding in greens will help (alfalfa, wheatgrass, spirulina, spinach,

kale, cucumber, celery...). Lemon, although acidic in its natural form, once processed by the body is one of the most alkalizing and cleansing natural things we can put in our body. Baking soda can also be taken to highly alkalize the body.

R. Strengthen The Adrenal Glands: The adrenal glands are key in the body for naturally reducing inflammation as they are the main producers of anti-inflammatory steroids. If they are not functioning properly inflammation will have nothing to buffer it and will run rampant in the body. **The adrenal glands relationship to inflammation are the equivalent to a fire stations relationship to a fire, the adrenals put out the “fires” (inflammation) in the body.** Refer to class 1 for more info on strengthening the adrenal glands. **Key suggestions: don’t consume artificial stimulants and processed sugars, lower stress levels, sleep properly, get out in the sun, use herbs to strengthen and rebuild the adrenals (licorice, Siberian ginseng, rhodiola, astragalus, holy basil).**

S. Great Alkalizing and Detoxifying Green Juice Recipe:

- 1 apple
- 1 cucumber
- 5 stalks of celery
- 1 lemon
- 2 handfuls of spinach
- 5-6 stalks of kale
- 1/2 bunch of cilantro and/or parsley
- handful of mint
- optional: ginger/turmeric

- A. We have strayed from Gods design. People are in chronic pain and most think there's no hope. With God there's always hope!
- B. People are trusting more in man-made drugs and remedies, than what God created for us and partnering with him in our health!
- C. Cultures living into their 100s with no incidence of cancer, heart disease, mental illness. We are not supposed to be dying in our 60s-80s full of pain and suffering. We are under attack from the enemy on our body, minds.....
- D. Thank God for pain and inflammation – it is telling us something is wrong
- E. Addressing the Root: Acidosis (What you can't eliminate you accumulate)
 - Toxicity
 - Adrenal Weakness
 - Injury

What we eat, drink, breath and put on our skin determines our internal health down to the cellular level.

- F. People want quick fix – synthetic drugs are dangerous, toxic, cause more harm than good and never address the root cause, just cover it up.
- G. Why herbs?
- H. Herbs for pain/inflammation. How to use them (topically, powder, tincture, capsule, tea)
- I. Recommendations:
 - Lifestyle changes: diet, rest, exercise..
 - Alkalize and Detox
 - Nourish Adrenals