

management techniques to help you stay relaxed. Ask your chiropractor for tips on improving your diet and lifestyle.

Tea and Herbs: Heal Inflammation and Reduce Signs of Age

Recent research shows that common herbs and tea may provide excellent protection against inflammation. A British study investigated the healing effects of 21 different plant extracts. The researchers were focused primarily on how inflammation affects skin cells, as inflammatory conditions cause wrinkled skin and premature aging.

The substances that exhibited the most anti-inflammatory action were white tea, witch hazel and rose – all contain antioxidant compounds. The study reported that these three botanical substances play a role in blocking the body from producing the compound interleukin 8, a proinflammatory substance.¹



A study on botanical substances and inflammation published in the Journal of Lipid Research revealed thyme oil had a powerful effect at suppressing the inflammatory substance known as COX-2. The research studied six plant extracts- thyme, clove, rose, eucalyptus, fennel and bergamot. While all six showed anti-inflammatory action, thyme performed the best by reducing COX-2 presence in cells by 75% -

compared to 25% for the other plant extracts. This is likely the result of antioxidant flavonoids and high levels of carvacrol, a key ingredient in thyme that both suppresses inflammation and fights bacteria in the body.²

Spicy Ginger Cools Inflammation

Chronic inflammation is linked to an increased risk of cancer. A study published in Cancer Prevention Research showed that extracts of ginger root could be developed as a therapeutic tool in the prevention of colon cancer. The study consisted of 30 participants who were randomly assigned either a placebo pill or a ginger root supplement (2 grams) taken daily. After the research period of 28 days, scientists measured colon inflammation levels in the patients, and discovered statistically significant reductions in inflammation markers in the ginger extract group.³

The antioxidants in ginger could also help relieve muscle pain induced by inflammation. Research appearing in the Journal of Pain indicated ginger acts in a similar way to nonsteroidal anti-inflammatory drugs (NSAIDs). Conducted by the University of Georgia and Georgia College and State University, the study researchers enrolled college students to perform specific exercises. As well, one group of students received daily ginger supplements and a second group consumed a placebo. The students who received ginger reported lower intensity of exercise-induced muscle pain.⁴

Quote to Inspire

“An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.”

Bill Vaughan

References and sources:

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3. Ginger Root Supplement Reduced Colon Inflammation Markers - American Association for Cancer Research, Press Release, October 11, 2011.
4. New Study Reports Ginger Effective for Muscle Pain Relief – The Journal of Pain, published by American Pain Society, Press Release, September 2010.

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