

**Inflam EZE:** The more science learns about inflammation the more we come to realize that chronic inflammation is at the heart of many common health challenges. We all recognize the role inflammation plays in such conditions as arthritis, but what about other chronic inflammation conditions? We now know that conditions such as diabetes, heart disease, Alzheimer's, and even obesity are all linked to what is called silent inflammation.

Serving Size: 3 capsules  
Servings per container 30

Each Capsule Contains

Curcumin Extract (95%)	250 mg
dl-Phenylalanine	75 mg
Boswellia serrata PE	175 mg
Nattokinase	2.5 mg

**Suggested Use:** One capsule three times per day or as directed by your Health Care Provider. Do not exceed 6 capsules per day.

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# Inflam EZE

Inflammation is a natural process involved in many actions within the body. It serves as a temporary protective agent at sites of trauma. Due to many factors such as diet, the inflammatory process has steadily increased to the point where not only obvious conditions such as arthritis are worsened by inflammation, but heart disease, Alzheimer's, diabetes and most obesity are inflammatory disorders.

Under normal circumstances inflammation helps fight infections and accelerates the healing process after an injury, but due to a variety of factors, the inflammatory response often lingers much longer than necessary, actually slowing the healing process and increasing the risk for more permanent tissue damage.

The Standard American Diet, (SAD) has contributed to the epidemic of inflammatory diseases and disorders tremendously in the past several decades. Food processing, eating habits and the nutrient deficiencies they cause, rob the body of natural anti-inflammatory nutrients. Our diets most often contain high amounts of inflammation-producing substances such as vegetable oils & fats as well as excessive amounts of sugars and refined simple carbohydrates, all of which encourage inflammation.

Even healthier diets often do not provide adequate natural anti-inflammatory nutrients such as key antioxidants and omega fatty acids. Once the inflammatory process has taken over, it is often necessary to use more powerful natural anti-inflammatory agents such as curcumin, dl phenylalanine, herbal extracts and some of the newer natural anti-inflammatory agents such as nattokinase.

Controlling the inflammatory process is not just important for those with such conditions as arthritis, bursitis, carpal tunnel and other obvious problems. It can also play an essential role in preventing the ongoing damage from many chronic diseases such as heart disease, diabetes, and even chronic obesity.

*Excerpted from a Lecture by K. Steven Whiting, PhD  
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