

Natural Healing Express Weekly

Column Volume 67 Joint Pain & Body Inflammation

How are all those New Year's Resolutions coming along? I saw a hilarious comic on the internet the other day. It had a picture of a chubby guy with a sweat suit holding a beer bottle that said, "I am going to start a club called Resolutions. For the first two weeks it will have awesome work out equipment in it, after that, it will become a bar." Funny, haha. I hope your resolutions are going better than the comics.

This week while chat about a body response; inflammation, that sometimes is associated with a lot of pain, especially after working out. Inflammation is a natural healing process of the body; it is part of the immune system doing its job. There's an inflammation we can feel, sometimes in the neck, back or joints after exercise. There's also a "silent" inflammation response which happens in the body that we cannot feel. This one can affect every organ in the body and occurs at a cellular level. This is why maintaining a healthy inflammation response for the entire body is key to maintaining great health.

At Natural Healing Express, we have discovered a very interesting formula by New Chapter called Zyflamend. Zyflamend assists in healthy inflammation response. It is a patented formula, but we can list the ingredients in each type.

Zyflamend Whole Body contains Rosemary, Turmeric, Ginger, Holy Basil, Organic Green Tea, Hu Zhang, Chinese Goldthread, Barberry, Organic Oregano and Chinese Skullcap. The Zyflamend Whole Body is formulated for Normal Cardiovascular Health, Joint Function and overall body health.

We have several athletes, especially runners who swear by Zyflamend to keep the pain reduced from the jarring impact. We also have many senior clients with knee and hip pain who have reduced their suffering by taking Zyflamend Whole Body on a daily basis.

Zyflamend Heart is targeted to help reduce those nasty triglyceride levels as well as supporting healthy heart function. It contains all the herbs listed above, but draws benefit from the addition of one of Nature's Super Foods – whole fish oil from Wild Alaskan Salmon. This helps balance out the ratio of good fats to bad fats in the body. We have seen amazing results with our clients needing to reduce triglycerides, some in as little as 2 weeks.

Zyflamend Breast is targeted to support breast cell detoxification and promotes hormonal balance. Zyflamend breast contains broccoli sprouts, which has a particularly high concentration of beneficial constituents that help detoxify and balance hormones. This formula also contains organic Reishi mushrooms with important compounds called beta glucans helping to maintain healthy breasts. It also contains pomegranate which provides punicalagin, a unique polyphenol that has powerful antioxidant properties.

Zyflamend Prostate is targeted to support healthy prostate function and normal urine flow. It contains the supercritical Saw Palmetto and Nettle Root helping to modulate regulators of prostate cell growth.

So, if you're hurting from your resolutions or just need to improve your inflammation response, come on in and try some Zyflamend.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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