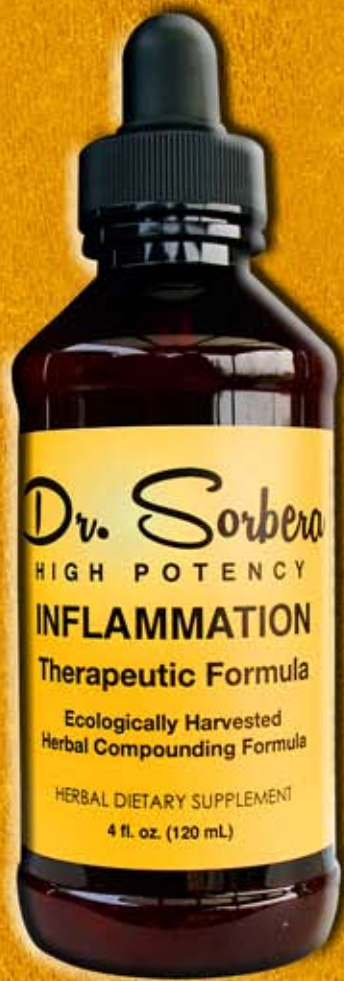


INFLAMMATION

Dr. Sorbera Therapeutic Formula



R e p o r t

Dear Patient

Why I'm starting you on Dr. Sorbera's Inflammation ASAP!

You will learn why this product is critical for your overall health TODAY!
Please read this article by the product formulator on the importance of eliminating inflammation and why the Dr. Sorbera's Inflammation Program is so important to your health.

What is inflammation-

Inflammation is a process by which the body's white blood cells and chemicals protect us from infection with foreign substances, such as bacteria and viruses.

In some diseases, like arthritis, the body's defense system -- the immune system triggers an inflammatory response when there are no foreign substances to fight off. In these diseases, called autoimmune diseases, the body's normally protective immune system causes damage to its own tissues.

Some, but not all, types of arthritis are the result of misdirected inflammation. Arthritis is a general term that describes inflammation in the joints.

Symptoms of Inflammation?

Redness, Swollen joint that's warm to the touch, Joint pain, Joint stiffness, Loss of joint function Often, only a few of these symptoms are present.

Inflammation may also be associated with general flu-like symptoms:

Fever, Chills, Fatigue, Lack of Energy, Headaches, Loss of Appetite, Muscle Stiffness.

What Causes Inflammation and what are its Effects?

When inflammation occurs, chemicals from the body's white blood cells are released into the blood or affected tissues to protect your body from foreign substances. This release of chemicals increases the blood flow to the area of injury or infection, and may result in redness and warmth. Some of the chemicals cause a leak of fluid into the tissues, resulting in swelling. This protective process may stimulate nerves and cause pain. The increased number of cells and inflammatory substances within the joint cause irritation, swelling of the joint lining and, eventually, wearing down of cartilage.

Can Inflammation Affect Internal Organs?

Inflammation can affect organs as part of an autoimmune disorder. These types of symptoms depend on which organs are affected:

Inflammation of the heart (myocarditis) may cause shortness of breath or fluid retention.

Inflammation of the small tubes that transport air to the lungs may cause shortness of breath.

Inflammation of the kidneys (nephritis) may cause high blood pressure or kidney failure.

Pain may not be a primary symptom of an inflammatory disease, since many organs do not have many pain-sensitive nerves. Treatment of organ inflammation is directed at the cause of inflammation whenever possible.

Chronic Inflammation Statistics-

From the Centers for Disease Control [CDC]. Each of the following disease has been associated with Chronic Inflammation.

Chronic inflammation once believed to be a disease associated with aging. Now we know its also associated with obesity and overweight. Its estimated by the Centers for Disease Control [CDC] to be 66% of the American adult population is overweight or obese at this rate by 2048 obesity will reach 100%.

24,000,000 people have diabetes, by 2025 its estimated to exceed 50,000,000!

More than 5,000,000 Americans suffer from Alzheimer's and Dementia! According to the Alzheimer's Association the cost of care exceeds 148,000,000,000 per year!

43,000,000 suffer from Arthritis and Joint Disease, by 2020 its estimated to exceed 60,000,000!

25,000,000 suffer from Asthma more people in America died from asthma in 2000 than 1970!

18,800,000 American Adults suffer from Depression triggered by Chronic Inflammation

Allergies rank 6th among all chronic diseases!

Hay Fever doubles every 3 decades

Anti-Inflammatory Herbs used in Dr. Sorbera's Inflammation Program

Boswellia Serrate (Boswellia serrata) -

Boswellia extract is best known among herbalists as an anti-inflammatory agent. In addition to its anti-inflammatory properties, boswellia extract is said to lower cholesterol and triglyceride levels in the blood.

Potential benefits may include - Practitioners of Ayurvedic medicine also use boswellia extract to promote a general sense of wellness and as a mild sedative. Numerous clinical trials have found that the herb is also effective in treating asthma, Crohn's disease, and colitis.

Yucca Root (Yucca filimentosa) -

The saponins in yucca root make it an excellent herbal remedy to treat problems associated with inflammation, including arthritis, bursitis, rheumatism, and colitis.

Potential benefits may include -

In one study, done by Dr. Robert Bingham in 1975, most of the 149 participants had less pain, swelling, and stiffness in their joints. Some people noticed additional benefits as well, such as migraine relief and a decrease in blood pressure, cholesterol, and triglyceride counts.

Devils Claw Root (Harpagophytum procumbens) -

Devil's claw is approved as a non-prescription medicine by the German Commission E and is used to relieve arthritis, lower back, knee and hip pain. Today devil's claw is used as an anti-inflammatory for pain relief and joint diseases.

Potential benefits may include -

Great news for pain sufferers who have grown dependent on pain killers for relief: recently published double blind studies have shown that devil's claw can relieve pain from arthritis in as little as ten days of use, lower back, knee and hip pain included. It is also used to treat osteoarthritis, rheumatoid arthritis, gout, bursitis, tendonitis and soft tissue pain (muscle aches).

Hops Flowers (Humulus lupulus) -

Hop flowers are best known as a nerve tonic.

Potential benefits may include-

Anxiety and insomnia

Fenugreek Seed (*Trigonella foenum-graecum*) -

Has been found to contain protein, vitamin C, niacin, potassium, and diosgenin. Other active constituents in fenugreek are alkaloids, lysine and tryptophan, as well as steroidal saponins.

Potential benefits may include -

In India and China it is used to treat arthritis, asthma, bronchitis, improve digestion, maintain a healthy metabolism, increase libido and male potency, cure skin problems (wounds, rashes and boils), treat sore throat, and acid reflux.

Hyssop Herb (*Hyssopus officinalis*) -

Hyssop has been used for cleansing ritual and as medicine since biblical times. Nowadays it is known that the volatile oil and other ingredients that are contained in the leaves and green stems indeed have anti-bacterial, anti-viral, anti-inflammation and other beneficial properties.

Potential benefits may include -

Bringing relief for the symptoms of lung and upper respiratory problems like the common cold, bronchitis, catarrh, and asthma, as it is anti-spasmodic, sweat inducing and an expectorant.

Ginger Root (*Zingiber officinale*)-

The benefits of ginger root have been well researched as modern science is discovering more and more therapeutic applications for this powerful herb.

Potential benefits may include -

Ginger is a powerful anti-inflammatory herb and there has been a lot of recent interest in its use for joint problems. It has also been indicated for arthritis, fevers, headaches, toothaches, coughs, bronchitis, osteoarthritis, rheumatoid arthritis, to ease tendonitis, lower cholesterol and blood-pressure and aid in preventing internal blood clots.

Best Foods... To Complement Dr. Sorbera's Inflammation Program

Vegetables-

Avocados, Asparagus, Broccoli, Beets, Brussel Sprouts, Bell Peppers, Cabbage, Cauliflower, Collard Greens, Kale, Kim Chi, Green Beans, Garlic, Horseradish, Onions, Spinach, Tomatoes.
[Organic whenever possible]

Fruits-

Apples, Pineapples, Blueberries, Raspberries, Tart Cherries
[Organic whenever possible]

Oils-

Extra Virgin Olive Oil, Avocado Oil, Coconut Oil
[Cold pressed only]

Fish-

Bass, Cod, Mackerel, Halibut, Salmon, Sardines
[Wild caught... Avoid all farm raised]

Nuts & Seeds-

Almonds, Hazelnuts, Walnuts, Chia Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Pumpkin Seeds, Hemp Seeds.
[Only Raw Organic... Roasted Nuts and Seeds are Carcinogenic (Cancer Causing)]

Grains-

Avoid All Grains except Wild Rice
[Organic whenever possible]

Spices-

Basil, Chili Peppers, Cilantro, Ginger, Parsley, Oregano, Rosemary, Thyme, Turmeric.
[Organic whenever possible]

Teas-

White Tea, Green Tea, Peppermint Tea Pu-erh Tea
[Organic whenever possible]

Super Foods that Fight Inflammation

Avocados, Tart Cherries, Coconut Oil, Kale, Turmeric, Walnuts, Dark Chocolate
70% Minimum
[Raw and Organic]

Foods to Avoid to Enhance your Dr. Sorbera's Inflammation Program

The “3 Ps” – Processed, packaged, or prepared foods-

Fast food is at the top of the list of inflammatory foods because of harmful oils, refined sugars, artificial sweeteners and food additives.

Hydrogenated and trans fats-

Margarine, shortening, lard or products made with them. That includes baked goods cookies, pies, buns. There are healthier alternatives to these baked goods but most grocery stores and bakeries are using these harmful ingredients.

Meat and Poultry-

I'm not suggesting that you have to go vegan or vegetarian, although a plant-based diet tends to be much lower in inflammatory substances. Meat, poultry and farmed raised fish tend to cause inflammation.

Fried Foods-

French fries, Onion rings, potato chips, nachos, hamburgers, etc.

Refined White Sugar-

This includes soft drinks and sweetened juices. Newer research is showing that sugar is one of the most addictive substances you can use. It's also highly inflammatory.

Artificial Sweeteners-

High Fructose Corn Syrup, Nutrasweet, Splenda, Saccharin, Aspartame, AminoSweet, etc. Research links these toxic substances to many serious health conditions.

Iodized Salt-

Not harmful on its own but sodium is naturally found alongside other valuable minerals like potassium, calcium, and magnesium. Choose unrefined salt which naturally contains many different minerals, not just sodium.

Food Additives-

Flavor enhancers, stabilizers, preservatives, etc. A few of the main culprits include sulfites, benzoates, and colors named FD&C #”X.” Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients.

Dairy Products-

Yogurt, ice cream, cottage cheese, butter, cheese, etc.). The reasons dairy products are inflammatory is because today's dairy products are packed with hormones, antibiotics, and other harmful ingredients so avoid them as much as possible.

Wheat & Corn Products.

Wheat and corn is highly acid-forming and inflammatory in the body. Most wheat and corn available now is genetically-modified (GMO). Many serious health conditions are starting to be linked to GMO wheat and corn consumption.

Gluten-Containing Grains.

Gluten is found in most grains and is highly inflammatory.

Alcoholic Beverages-

High in sugar and hard on the liver and highly inflammatory. It is best eliminated or used in moderation.

Basic Dr. Sorbera's Protocol

2 mL AM [Morning] and 2 mL PM [evening]

Please check with your healthcare professional for the appropriate dosage for your condition.

These ingredients have a history of proven results... Experience Natures Power!