

## What are some good herbs for nerve pain?

Unfortunately, the best two herbs for that are illegal in America: opium tincture or cannabis (oops, did I say that :)? Scratch that! You need to stay away from those.

Having said that, I **would** recommend anti-inflammatory herbs and diet:

1) Turmeric is an awesome herb for inflammation. And there is a good formula called Zyflamend that is highly regarded. Its main component is turmeric.

2) Pure dark chocolate is excellent for inflammation, but keep away from the milk chocolate or chocolate with lots of sugar in it. Sugar aggravates inflammation. Sweeten your cacao (pure, raw chocolate) with stevia.

3) Resveratrol is a powerhouse, derived from grapes. It is an excellent anti-inflammatory and all around anti-aging supplement.

4) Aloe vera

5) Noni (the whole food, not just the juice with a bunch of SUGAR added)

6) Mangosteen rind made into tea.

7) Blue green algae (we Highly RECOMMEND and sell a product called Stem Enhance made of this substance in concentrated which has done amazing things for us. Contact me if you are interested.

8) Marine Phytoplankton extract is awesome.

9) Lettuce and Celery

10) Berries, especially raspberry, blueberry, Goji berries.

Also, you should avoid anything with white sugar or high fructose corn syrup like the plague!

Finally, we would recommend LOTS of pure water. Spring water or reverse osmosis water is best. Bottled water, even bottled spring water, is a bit nasty, because the plastic elements (which contain xeno-estrogens) can leach into the water after awhile. You have NO idea how long those bottles have been warehoused.

Ideally, if you suffer from an inflammatory or chronic degenerative disease, you should take your body weight in pounds and divide it by 2. That is the number of ounces of water you should drink in a day. From

experience, I advise drinking it earlier in the day. If you drink it in the evening, you might be up and down all night going to the potty.

*(These statements have not been evaluated by the FDSA. They are not intended to diagnose, treat or cure any disease - obligatory disclaimer.)*

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