

Good Health
LIFESTYLES

Educational
BOOKLET
Series

BETTER HEALTH WITH **BOSWELLIA**

BOSWELLIA: THE
**ULTIMATE
5-LOX
FIGHTER**

**JOINT
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RESPIRATORY
HEALTH**

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INFLAMMATION
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Good Health[™] LIFESTYLES

EDITOR-IN-CHIEF
Kim Erickson

CREATIVE DIRECTOR
Roberta Jones

COPY EDITOR
Brandon DuVall

EDITORIAL OFFICES
10040 W. Cheyenne Avenue
Suite 170-161
Las Vegas, NV 89129
editorial@
goodhealthlifestylesmag.com

PUBLISHER
 FRESHLIFE
MEDIA

VISIT OUR WEBSITE:
GoodHealthLifestylesMagazine.com

For general inquiries, email:
info@goodhealthlifestylesmag.com



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BETTER HEALTH WITH BOSWELLIA

Inflammation is common. Aside from pain, its effects are felt in numerous ways. In fact, arthritis, atherosclerosis, high blood pressure, colitis, diabetes, and cancer all share a similar attribute—unchecked inflammation. Whether the cause is processed foods, stress, exercise, genetic predisposition, or chronic physical conditions, each day inflammatory damage creates prime conditions for a variety of diseases.

But there is a botanical that can help prevent inflammation: boswellia.

Boswellia has over 2,500 years of use in classic Ayurvedic practice, and was prescribed to treat everything from asthma to ringworm. And although the use of boswellia dates back considerably, the full potential of extracted boswellic acids is just beginning to be realized. Combined with diet and exercise, this ancient herb can help you live your healthiest life! Turn the page to find out how.



Kim Erickson is a respected health and medical writer, as well as the editor-in-chief of *Good Health Lifestyles*. In addition, she is the author of *Drop-Dead Gorgeous: Protecting Yourself from the Hidden Dangers of Cosmetics* and the co-author of *Living Lessons: My journey of faith, love, and cutting-edge cancer therapy*. Kim is also a Certified Nutrition and Wellness Consultant who

has been involved with the fitness and integrative health industry for more than 20 years.

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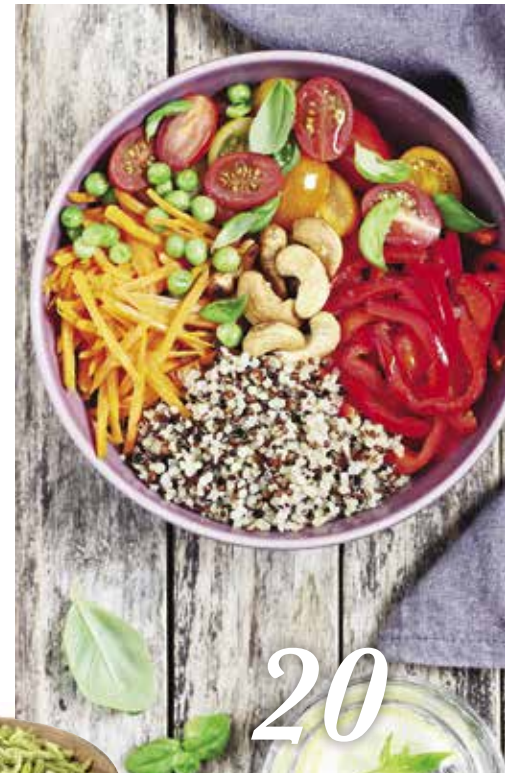
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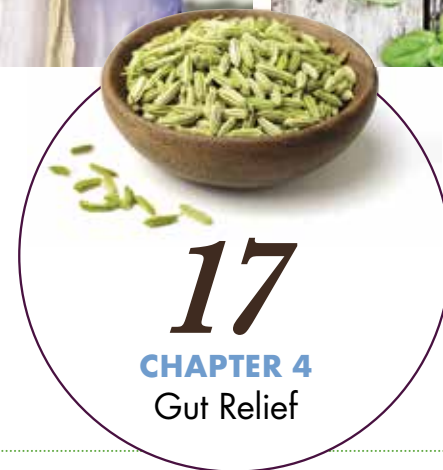
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Boswellia BASICS

If you've heard of frankincense, then you're already familiar with boswellia—at least in part. That's because frankincense is derived from the resin secreted by boswellia trees. While there are various varieties of boswellia thriving in the dry environments of India, the Middle East, and Northern Africa, extracts and oil from *Boswellia serrata* resin are what we will be looking at in this booklet. *B. serrata* has a long history, and a deservedly honored one.

The first step in collecting resin from boswellia trees is to scrape the tree's bark. This causes the tree to secrete the resin—or sap, sometimes called “tears”—which is collected after it dries. The resin is then sorted and graded according to color, size, and purity. The resin tears can be distilled to yield frankincense oil, or powdered and standardized for specific key compounds, including boswellic acids.



The boswellic acids are natural anti-inflammatories. They are noted for their ability to stop a specific type of inflammation called 5-LOX (5-lipoxygenase). 5-LOX inflammation is associated with many chronic illnesses, including arthritis, intestinal and bowel disorders, and asthma and other respiratory conditions. Boswellia is one of the few natural compounds that has potent effects against 5-LOX. In fact, even standard medications may not reduce 5-LOX inflammation as effectively *and* safely as boswellic acids from boswellia.

Boswellia directly inhibits 5-LOX and prevents the formation of leukotrienes, stopping the cascade of inflammation before it starts. This is how it stops both pain and the underlying inflammation that causes it.

Not all boswellic acids are anti-inflammatory. There is one compound in boswellia called beta-boswellic acid that can be pro-inflammatory. Unstandardized boswellia can contain up to 25 percent of beta-boswellic acid, so you could inadvertently add an inflammation-causing element to your regimen.

5-LOX: A DIFFERENT TYPE OF INFLAMMATION

5-LOX is an enzyme that activates leukotrienes (inflammatory compounds). Leukotrienes play a major role in inflammation associated with rheumatoid arthritis and, to a lesser degree, osteoarthritis. Elevated levels of 5-LOX activity can be found in the synovial fluid between the joints in both of these conditions. Over time, the inflammatory activity contributes to the deterioration of the joints.

In addition to arthritis, 5-LOX inflammation is also associated with major digestive conditions, including inflammatory bowel syndrome and colitis, and respiratory conditions such as asthma and allergies. Research has found boswellia effective and safe for treating these conditions as well.

CHAPTER 2

FIND A BETTER BOSWELLIA —ASK ABOUT AKBA

The next time you visit a local health food store, check a boswellia product's "Supplement Facts" label. You may notice the abbreviation, "AKBA." This stands for *acetyl-11-keto- β -boswellic acid*, one of the botanical's most powerful components. Much of the scientific study surrounding boswellia has zeroed in on this particular boswellic acid as being one of the prime movers behind its pain-relieving effects and 5-LOX inhibition.

Because AKBA is so important, supplement manufacturers may try to standardize the product for high levels of AKBA—sometimes to the point of even "spiking" the content of their products to add AKBA levels that would never be seen in nature. The problem with that approach is it ignores much of what else is worthy about the plant and its other compounds. The best approach in a supplemental form is a balanced one: A boswellia extract standardized for at least 10 percent AKBA, reduced beta-boswellic acid levels, and a full spectrum of the botanical's other components.

Boswellia vs. Frankincense

Perhaps you've heard boswellia referred to as frankincense. While they both come from the same plant, boswellia is the botanical name for the tree that the resin comes from and is typically the term used for supplements. Frankincense is the term used in the Bible and has historically been used in Ayurvedic medicine. Today, frankincense is more commonly associated with the essential oil derived from the resin.

Healthy JOINTS

Painful joints are often considered an inevitable part of the aging process. But, while symptoms may not appear until our later years, deterioration can actually begin when we are quite young. In fact, about 27 million Americans suffer from osteoarthritis in one or more joints by the time they are 25. For decades, it was commonly thought that osteoarthritis was a "wear and tear" disease that stemmed from overuse. But researchers now know that chronic inflammation is the real culprit behind this potentially debilitating disease.

HOW JOINTS WORK

Joints are the places where your bones come together to allow for coordinated movement. There are 206 bones in the human skeleton. The vast majority of them come together in joints, where a cavity filled with a special type of fluid called synovial fluid separates the bones from each other. Cartilage—spongy tissue on the end of each bone—covers the connecting surfaces of the bones where they join, allowing one bone to effortlessly glide over the other.



This cartilage is made of two types of large molecules, proteoglycans and collagen. Proteoglycans provide elasticity and resiliency; collagen provides the strength. As we age, our body's production of both of these proteins declines. Over time, cartilage begins to break down, eventually causing bone to rub against bone.

Even before you start to feel the effects of this deterioration, MRIs can detect inflammation in the lining of joints—a condition called synovitis. Studies have also found an increase in key markers of inflammation, including C-reactive protein (CRP) and interleukin-6 (IL-6) in synovial fluid before any joint deterioration can be seen. Some researchers believe that inflammation is the actual cause behind the worsening of your symptoms.

RELIEF WITH BOSWELLIA

Boswellia is a natural solution for those suffering from osteoarthritis or other joint problems thanks to its powerful anti-inflammatory actions—most notable its ability to inhibit the production of leukotrienes via AKBA. In one double-blind, placebo-controlled study that appeared in the journal *Phytomedicine*, 30 patients with osteoarthritis of the knee were given either boswellia or a placebo for eight weeks. After a washout period, the groups

switched places and received the opposite treatment for an additional eight weeks. By the end of the study, those taking the herb not only reported a reduction in pain and inflammation, they also experienced an increase in flexibility and walking distance.

Another clinical trial published in the *Indian Journal of Pharmacology* found that taking just one dose of boswellia effectively improved pain tolerance in patients with osteoarthritis compared to a placebo. Plus, relief kicked in within an hour of taking the supplement. Boswellia also pairs well with other anti-inflammatory and analgesic supplements for even more relief.

PERFECT PARTNERS

Studies show that adding the following herbs and nutrients to boswellia can further help to limit joint damage and ease pain.

Curcumin: This vibrant yellow compound comes from the popular spice turmeric. Because of its potent anti-inflammatory properties, a growing number of studies suggest that curcumin not only reduces inflammation, it may even help to protect the structure of joints in those at risk of osteoarthritis, especially when paired with boswellia. During a randomized clinical trial involving 28 adults with moderate osteoarthritis of the

knee, a proprietary combination of curcumin and boswellia was found to provide even better pain relief and range of motion than celecoxib, the generic form of the prescription drug Celebrex. The herbal combo also improved walking distance and was considerably safer than the drug.

A recent analysis of 11 studies by researchers at Tufts Medical Center in Boston, MA, concluded that a combination of curcumin and boswellia was significantly more effective than a placebo and worked just as well as non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen. They also noted that, unlike NSAIDs, the herbal combination resulted in no adverse gastrointestinal side effects.

But standard curcumin supplements are notoriously difficult to absorb because they lack solubility. Another problem?

Curcumin is quickly metabolized in the gastrointestinal tract and shuttled out of the body. Even if you take large doses, much of it is lost before it can benefit your joints. Fortunately, researchers have developed a very unique form of curcumin with greatly enhanced bioavailability. This distinctive formulation, known as BCM-95, Curcugreen, is created by combining curcumin with turmeric essential oils—a strategy that provides up to 10 times better absorption and boosts blood retention 7-fold compared to standardized curcumin supplements. Check the ingredient label when shopping for curcumin to ensure it lists either BCM-95 or Curcugreen.

Devil's Claw: Devil's claw is a centuries-old herb that's been used throughout Africa to ease pain and stiffness, making it a natural to treat





joint and back problems. In fact, modern research has found that this herb with the unusual name is just as effective as the prescription steroid cortisone. Devil's claw has been shown in studies to inhibit the inflammatory enzymes involved in the joint damage seen in those with rheumatoid arthritis and osteoarthritis. In a clinical study published in the journal *Phytomedicine*, devil's claw also significantly relieved joint pain. Another study found that devil's claw was just as effective as the drug Vioxx (which was recalled in 2004 for safety reasons) for osteoarthritis pain.

In addition to the herb's anti-inflammatory actions, devil's claw can also help regenerate the extracellular matrix that acts like a shock absorber between joints by as much as 38 percent.



But choose your devil's claw supplement carefully as many extracts on the market are only standardized to contain two percent of the herb's active compound called harpagosides. The most effective supplements are standardized to 20 percent harpagosides.

White Willow: Often called "nature's aspirin," white willow contains salicin, a natural anti-inflammatory and analgesic compound that was the original inspiration for modern-day aspirin. How effective is this pain-relieving herb? In a study involving 436 patients—half suffering from osteoarthritis and half with back pain—those taking white willow bark experienced up to 44 percent less pain after three weeks of supplementation compared to those taking a placebo. The researchers concluded that the herb could be a safe and effective tool for long-term pain relief.

White willow bark works by lowering prostaglandins that can cause inflammation and trigger pain. While salicin is the compound most recognized for white willow's medicinal benefits, the herb actually contains a variety of compounds, including polyphenols that contribute to its pain-relieving properties. Look for a white willow bark extract standardized for at least 30 percent salicin.

Less Low BACK PAIN

It's estimated that at least 80 percent of people experience low back pain at least once in their lives. Often, it's triggered by something as simple as a muscle strain or spasm. Yet back pain can also be caused by osteoarthritis, spinal degeneration, skeletal irregularities, obesity, smoking, stress, or even poor posture. No matter the underlying cause, the common denominator in back pain is inflammation.

Boswellia's powerful anti-inflammatory properties, especially when it's combined with high-absorption curcumin, make it an effective first-line treatment for everyday back pain. Adding devil's claw makes it even better. In a study that appeared in the *European Journal of Anaesthesiology*, 197 people with moderate to severe back pain received a standardized daily dose of either 50 mg or 100 mg of devil's claw or a placebo. After four weeks, those taking the devil's claw reported greater relief than the placebo group. Further research shows that devil's claw works in much the same

way on back pain as NSAIDs, but without the side effects.

White willow bark can also be an effective partner for back pain. A randomized, double-blind study in the *American Journal of Medicine* reported that 39 percent of those taking a high dose of the herb for their low back pain were pain-free after just one week of treatment. Another 21 percent also alleviated their pain after taking a lower dose.

Added to a program of gentle stretching or yoga, this botanical combination can help soothe that aching back.



CHAPTER 3

BREATHE Easy

Breathe. It's something all of us do every minute of every day without giving it a second thought. That is, until we can't. Whether it's due to asthma or chronic obstructive pulmonary disease (COPD), the inflammation involved in chronic respiratory conditions can keep us from participating in the activities we love. Fortunately, boswellia's exceptional ability to quell inflammation can help those with either of these potentially deadly diseases live a richer, more active life.

AID FOR ASTHMA

Asthma is a chronic condition that affects more than 26 million Americans—or about 1 in every 12 people. The disease, which is caused by a combination of genetic and environmental factors, results in the airway becoming inflamed and subject to spasms. Because of this, the airway narrows, making it hard to breathe. Making matters worse, extra mucus is produced. This can make you feel like you're drowning when an attack strikes.

Common triggers for an asthma attack include allergens, air-borne

irritants, abrupt changes in the weather, respiratory infections, and exercise. Depending on the severity of the disease, your doctor may prescribe an inhaler to open airways and improve breathing. But boswellia can also provide relief, thanks to its ability to inhibit the 5-LOX inflammation that is responsible for many asthma symptoms.

In one study of boswellia's effects that appeared in the *European Journal of Medical Research*, 80 asthma patients took either 300 mg of the herb or a placebo pill three times a day for six weeks. An impressive 75 percent of those in the boswellia group experienced significant improvement in both symptoms and respiratory function compared to just 27 percent in the placebo group.

Another four-week trial involving 63 patients with bronchial asthma found that a combination of boswellia, curcumin, and another anti-inflammatory herb, licorice, effectively reduced leukotrienes and other factors involved in the disease. These findings suggest that boswellia is a safe and effective companion to conventional treatment and may even be enough to help control mild cases of asthma.

SOS FOR COPD

If you have COPD, the airways in your lungs become inflamed. Over

time, the lung tissue responsible for the exchange of oxygen is destroyed. The flow of air in and out of your lungs is reduced. When that happens, less oxygen is available to your tissues and it becomes harder to get rid of carbon dioxide gas. As the disease worsens, shortness of breath can make it difficult to take part in everyday activities.

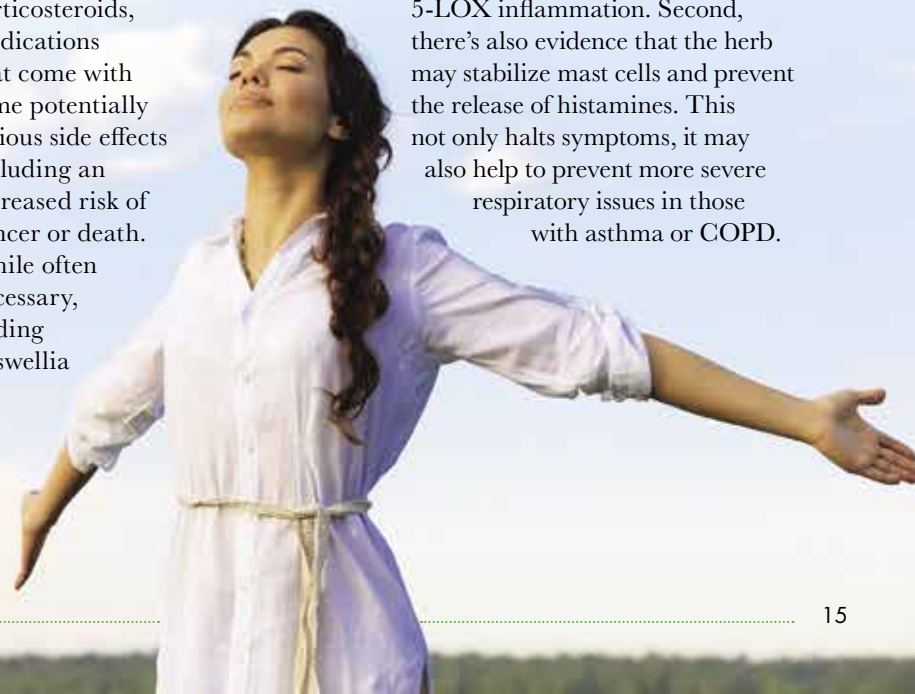
COPD is actually an umbrella term that includes chronic bronchitis and emphysema. Up to 90 percent of all COPD cases are a direct result of smoking cigarettes, although a small percentage of those with the disease develop it after long-term exposure to environmental contaminants like air pollution. Traditional treatment includes bronchodilators and corticosteroids, medications that come with some potentially serious side effects including an increased risk of cancer or death. While often necessary, adding boswellia to

conventional care may effectively increase lung function in those with COPD.

THE ALLERGY CONNECTION

Seasonal and environmental allergies can trigger an asthma attack or worsen COPD symptoms. Fortunately, boswellia can help here, too.

During an allergic response, a special type of white blood cell called mast cells are activated by an allergen. This triggers the mast cells to release histamine and other inflammatory compounds responsible for those miserable symptoms you experience. Studies show that boswellia works in two ways to interrupt an allergic response. First, AKBA inhibits 5-LOX inflammation. Second, there's also evidence that the herb may stabilize mast cells and prevent the release of histamines. This not only halts symptoms, it may also help to prevent more severe respiratory issues in those with asthma or COPD.



Breathe- Easy HERBS

If you suffer from respiratory problems like asthma, allergies, or COPD, this handful of herbs can complement boswellia's anti-inflammatory benefits.

The result is a healthier immune response and fewer symptoms.

Myrtle is also a source of 1,8-cineole and stimulates the action of cilia—tiny “hairs” in the lungs and respiratory tract that brush away mucus and dirt to help you breathe freely. One study found that myrtle was significantly superior at treating sinusitis symptoms compared to a placebo.

Ravintsara is an essential oil rich in an anti-inflammatory and antibacterial compound called 1,8-cineole. Research suggests that ravintsara can improve lung function and help open bronchial airways. Choose a supercritical CO₂ extract of the oil so you are assured of a product without contamination by heavy metals or harmful chemicals that could contribute to bronchial issues.



Thyme oil provides natural relief for spasmodic coughing and that annoying tickle in your throat. This herb provides two essential compounds—thymol and carvacrol—that help relax airways.

In a clinical trial of 1,234 children with bronchitis, a syrup of thyme and ivy extract lead to an impressive 81 percent improvement compared to a placebo. Like ravintsara, look for a supercritical CO₂ extract version of the oil.



CHAPTER 4

GUT Relief

Everyone suffers from occasional digestive upset. Whether it's indigestion, a mild bout with food poisoning, or a touch of heartburn, these temporary ailments—while they can make you miserable—typically aren't serious. Chronic digestive conditions like irritable bowel syndrome or an inflammatory bowel disease, however, are an entirely different story. Symptoms can last for years and can disrupt normal activities. And, while symptoms and triggers may differ, one thing these digestive diseases have in common is inflammation. Let's take a closer look.

IRRITABLE BOWEL SYNDROME (IBS)

IBS is characterized by abdominal pain, bloating, constipation and/or diarrhea, and sometimes the immediate urge to have a bowel movement after eating. Because there are no definitive tests for IBS, this painful and perplexing condition is often diagnosed only after other intestinal disorders have been ruled out.

Investigations into the cause speculate that IBS may be triggered by an intestinal infection

that involves severe diarrhea and inflammation of the colon. This can cause changes within the colon that affect its function and lead to IBS. Cutting-edge research in the *Journal of Inflammation Research* found low-level inflammation in the mucosal lining of the gut in some IBS patients, particularly among those with the diarrhea-predominant form of the disorder. While certain foods can trigger a bout with IBS, stress plays a key role in the frequency and severity of symptoms, too. Because of this, the researchers have also speculated that the “gut-brain” axis may be involved, causing something called neuroinflammation.

In a recent study, which was published in the *European Review for Medical and Pharmacological Sciences*, boswellia offered significant relief. During the four-week study, which involved 71 people with IBS, participants were assigned to one of three groups. The first group was given the pharmaceutical drug Buscopan as needed to ease their symptoms. A second group was assigned a homeopathic remedy made from papaverine hydrochloride and belladonna. The third group took a daily dose of boswellia. While all three groups experienced improvement in their IBS symptoms, those taking the boswellia experienced the greatest degree of relief. In fact, IBS symptoms in the

boswellia group decreased from 58 percent at the start of the study to just 12.5 percent when the study ended. And, unlike the other two treatments, there were few side effects in those taking the boswellia supplement.

INFLAMMATORY BOWEL DISEASE (IBD)

IBD is an umbrella term for two similar but different conditions: Crohn's disease and ulcerative colitis. Both can result in abdominal pain and diarrhea. Some people

may also experience anemia, rectal bleeding, weight loss, or other symptoms. Another similarity? Both can arise from an overactive immune system that causes inflammation and leads the body to attack the gastrointestinal tract. Crohn's involves ulcers that may burrow deep into the lining of the small intestine, leading to infection, a thickening of the intestinal wall, and blockages that may require surgery. Ulcerative colitis afflicts the colon and rectum, where it also causes ulcers. Both types of IBD increase the risk of colon cancer.

+ ADD Carminatives

Adding digestive herbs called carminatives to the equation can help relieve some of the symptoms of IBS and IBD. They include the following:



Caraway. Best known as the crunchy seed that adorns rye bread, caraway is also one of the best carminative herbs for preventing gas and bloating. Caraway has also been used successfully in combination with peppermint oil for treating IBS symptoms.



Coriander. Often used in Traditional Chinese Medicine and Ayurvedic Medicine, coriander protects against intestinal pathogens and can help reduce diarrhea, gas, and bowel spasms.



Fennel. This licorice-scented herb is prized for its ability to alleviate intestinal gas. It's often used in Italian and Indian cooking, not only for its unique flavor, but also for its ability to promote healthy digestion.



Peppermint. A number of studies show that peppermint can help relieve IBS symptoms, including abdominal cramping and pain. This is attributed to peppermint's ability to relax the smooth muscles in the colon.

Boswellia, with its powerful anti-inflammatory properties, can help reduce disease activity for both of these serious conditions. Research in the journal *PLOS ONE* reports that boswellia not only reduces intestinal inflammation, its antioxidant activity enhances the integrity and function of the intestinal barrier in people with IBD.

A pair of studies out of India found that boswellia was more effective as the anti-inflammatory drug sulfasalazine in patients with ulcerative colitis. In fact, the first study found that 82 percent of those taking boswellia went into remission compared to 72 percent of those on sulfasalazine. The second study noted even

better results, with 70 percent of the herb-takers experiencing remission compared to just 40 percent of those taking the drug. A German trial also found that boswellia worked as well as the pharmaceutical mesalazine to reduce flare-ups in patients suffering from Crohn's disease.

While these findings are impressive on their own, pairing boswellia with curcumin may yield even better results. Preliminary research shows that curcumin acts as an antioxidant while also suppressing the inflammation associated with IBD. In addition, several clinical trials show improvement in symptoms among those taking curcumin compared to those taking a placebo.

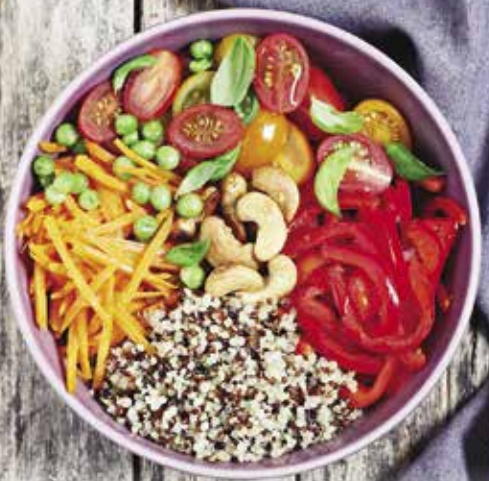
CHAPTER 5

Be Your BEST

There are no magic pills that provide optimal health—not even boswellia! Instead, you can improve your health by tapping into the synergistic effect of a healthy diet, regular movement, stress relief, and smart supplementation. Since chronic inflammation has been linked to so many serious diseases, start with a high-quality boswellia supplement standardized to provide at least 70 percent boswellic acids, including 10 percent AKBA. Then incorporate these smart lifestyle changes into your daily routine:

GET Moving

It's no secret that exercise boasts a multitude of health benefits. But new findings in the journal *Brain, Behavior and Immunity* show that as little as 20 minutes of exercise could have anti-inflammatory effects. If you've been sedentary, try to incorporate some brisk walking into your routine. It's also smart to add some resistance to your workout with weights or resistance bands. Just make sure to find an activity you enjoy. If exercise is fun, you're much more likely to stick with it!



Clean Up YOUR DIET

The foods we eat can be a major source of inflammation. Processed food is typically high in pro-inflammatory fats, refined sugar, salt, and chemicals that can leave your body starving for the nutrients it needs. However, adopting an anti-inflammatory diet filled with lean (preferably grass-fed) meat, fish high in omega-3 fatty acids, nutrient-packed vegetables, healthy fats, and some fruit not only discourages inflammation, it also provides the nutrition your body craves.



Get Enough SLEEP

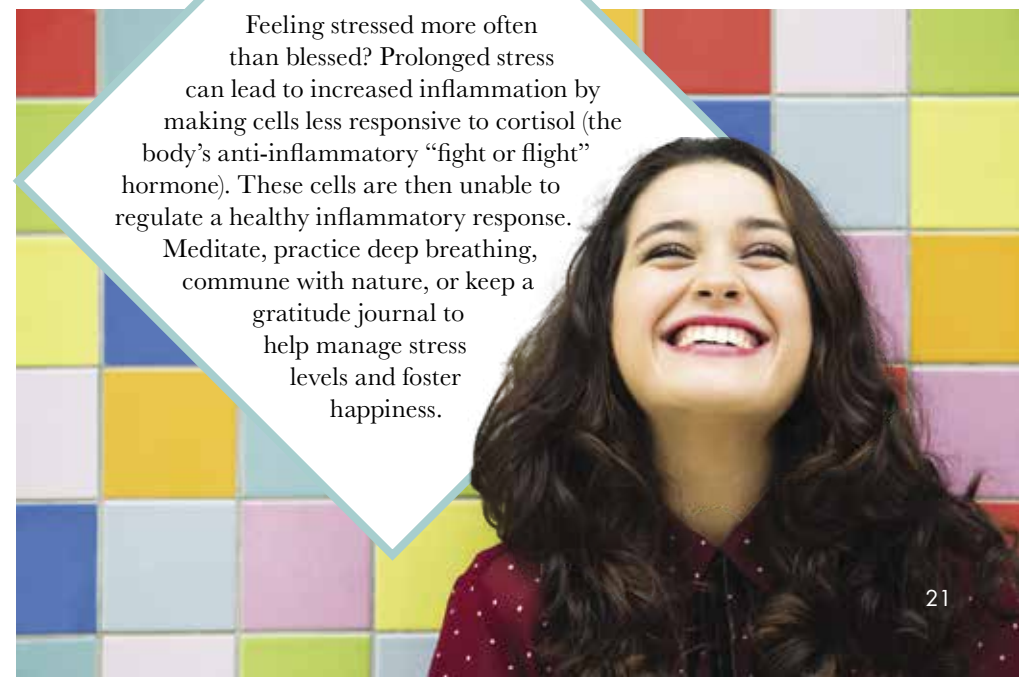
A joint study by researchers at Harvard and Boston University has found a link between sleep deprivation and inflammation. But it's not just too little sleep that can trigger unhealthy inflammation. A 2016 study at

UCLA's Semel Institute of Neuroscience and Human Behavior reviewed more than 70 scientific investigations and found that getting too much sleep also raised levels of key inflammatory markers, including C-reactive protein, which is associated with heart disease, high blood pressure, and type 2 diabetes.



BE Happy

Feeling stressed more often than blessed? Prolonged stress can lead to increased inflammation by making cells less responsive to cortisol (the body's anti-inflammatory "fight or flight" hormone). These cells are then unable to regulate a healthy inflammatory response. Meditate, practice deep breathing, commune with nature, or keep a gratitude journal to help manage stress levels and foster happiness.



THE SUGAR-Inflammation LINK



By now, you know that inflammation is the unifying factor behind many chronic diseases. And one of the primary triggers of that chronic, low-level inflammation is sugar. Studies have established a direct link between added sugar in foods and an uptick in inflammatory markers like C-reactive protein. During a study of 29 healthy people that appeared in the *American Journal of Clinical Nutrition*, researchers found that consuming just 40 grams of added sugar from one can of soda per day spiked inflammatory markers and lead to increased arthritis pain and other painful conditions.

A steady diet of sugary foods, foods high in hidden sugar (think canned soups and pre-made salad dressings), and refined carbohydrates causes several changes in the body that can lead to chronic, low-grade inflammation. These, in turn, can increase your risk of arthritis, cardiovascular disease, dementia, diabetes, cancer, and more. Studies show that sugar can cause the following:

• The production of AGEs:

Advanced glycation end products (AGEs) are harmful compounds that form when protein or fat crosslinks with simple sugars in the bloodstream. Too many AGEs can lead to premature aging and inflammation.

• Increased gut permeability:

Bacteria, toxins, and undigested food particles can more easily leak through the intestinal barrier and into the bloodstream, potentially leading to inflammation.

• Higher LDL cholesterol:

Excess LDL cholesterol has been associated with higher levels of C-reactive protein, a marker of inflammation.

• **Weight gain:** You likely know that a diet high in added sugar and refined carbohydrates can lead to weight gain. What you may not know is that excess body fat can foster increased low-grade inflammation.

GET YOUR SWEET ON, Naturally!

While boswellia is a powerful anti-inflammatory herb, it's best to avoid sweeteners that trigger inflammation in the first place. Here's a list of what to avoid and what to enjoy:



AVOID THESE:

Agave nectar

Artificial Sweeteners
(Acesulfame,
aspartame, neotame,
saccharin, sucralose)

Brown rice syrup

High-fructose
corn syrup

Maple syrup

Turbinado



ENJOY THESE:

Coconut sugar
(in moderation)



Erythritol

Monk fruit



Stevia

Educational BOOKLET Series

Check out our other *Good Health Lifestyles* educational booklets!

Better Health with Boswellia Systemic inflammation contributes to numerous conditions, including arthritis, asthma, and inflammatory bowel disease. Learn how this ancient Ayurvedic herb works safely and effectively to quell this underlying threat for better health from head to toe.



Boost Your Immunity Whether you're trying to protect against cold and flu season or a more serious illness, Dr. Alex Panossian provides an easy-to-follow blueprint for building up your body's defense system naturally.

Discover Ultimate Wellness Maximize your immune response and enhance your cardiovascular health, liver function, and joint mobility with andrographis. Paired with a healthy lifestyle, this ancient Ayurvedic herb is a game changer for anyone seeking optimal wellness.



Extinguish Chronic Inflammation Chronic, low-level inflammation has been tied to a wide range of life-changing diseases including arthritis, Alzheimer's, diabetes, even obesity! Learn how key botanicals and simple lifestyle changes can extinguish this silent threat to good health.

Fabulous French Grape Seed Extract Discover the secret to a longer, healthier life with this multi-tasking nutrient. With powerful antioxidant and anti-inflammatory properties, French grape seed extract supports healthy aging, better brain function, cardiovascular health, and more!



Get Energized! Feeling like you're experiencing your own energy crisis? Discover easy-to-implement ways to naturally reinvigorate your energy stores and one remarkable herb that can help fight fatigue. Learn how to reclaim your energy levels and the life you love.

Prevent & Reverse Type 2 Diabetes Are you among the 1 in 10 Americans looking for all-natural ways to prevent or improve type 2 diabetes? Dr. Jacob Teitelbaum gives you the lowdown on how hintonia can keep your blood sugar levels and your A1C in check!



Love Your Love Life Are you among the 43 percent of women or the 31 percent of men suffering from problems in the bedroom? *Good Health Lifestyle's* editor-in-chief Kim Erickson explains why sexual dysfunction occurs and helps you uncover effective, all-natural ways to get your love life back on track, starting today!

Melatonin: The mighty molecule for optimal health Melatonin may be best known for promoting sleep, but it turns out this hormone-like compound can provide a host of other surprising health benefits. Check out our tips for getting the most out of your melatonin supplement, from your brain to your immune system and more!



Say Good-bye to Pain Whether it's joint pain, back pain, headache, or gout, nearly everyone experiences pain at some time or other. Learn how to get relief fast with a host of safe and effective herbal alternatives to potentially dangerous over-the-counter and prescription drugs.

The All-Natural Anxiety Cure Overwhelmed? Feeling anxious? You're not alone! Anxiety affects more than 40 million adults in the United States every year. There is hope! Dr. Jozsef Haller shares the secret to managing anxiety and chronic stress without drugs.



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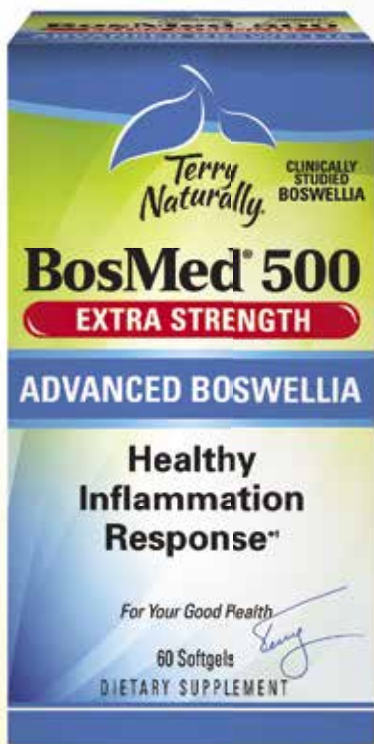
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