



## HEALTH & HEALING

# Natural help for pain

by **Mike Ventresca**  
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**H**ow often do you find yourself taking a non-steroidal anti-inflammatory drug (NSAID) like aspirin, Advil, Motrin or Aleve for pain relief? For many Americans, a dose of NSAIDs has become a part of their daily regimen. As if the aches and pains of “the daily grind” aren’t bad enough, even leisure activities like working in the yard, playing golf or simply just walking or running can lead to stiff painful joints and sleepless nights. It’s no wonder more than 14 million Americans take NSAIDs every day.



**Mike Ventresca**

Unfortunately, like all drugs NSAIDs present risks. Each year, NSAID use results in approximately 16,500 deaths and 103,000 hospitalizations in the United States. According to health experts, regular use of NSAIDs may increase the risk of developing a variety of health concerns including high blood pressure and stomach ulcers. In the case of ulcers, this happens because these types of drugs decrease the stomach’s ability to protect itself against digestive juices that can harm the stomach lining. This can eventually lead to stomach ulcers.

Fortunately, mother nature has provided us with a host of natural anti-inflammatory remedies like ginger, turmeric and rosemary, each possessing dozens of anti-inflammatory compounds without the risk of side-effects. In fact, ginger can actually reduce inflammation while healing the stomach lining. Show me a drug that can do that!

While there are many good natural inflammatories on the market, my absolute favorite is Zyflamend™ by New Chapter. Zyflamend is the most researched natural product available with studies coming from institutions including the Cleveland Clinic, Columbia University and the MD Anderson Cancer Center. While many have found it to be a powerful pain reliever when taken as needed, experts including author Dr. Andrew Weil recommend Zyflamend be taken daily to reduce general inflammation and overall risk of disease.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton’s Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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