

What is inflammation?

As an essential part of the body's healing process, inflammation occurs at the cellular level when the immune system tries to fight off disease-causing germs or debris from an injury and repair the injured tissue.

Once the fight is over, the inflammation-triggering substances are supposed to retreat. When they don't, it destroys the balance in your body and makes you more susceptible to aging and disease.

WHAT CAN CAUSE INFLAMMATION?

The lifestyle of the western world bombards us with more inflammatory triggers than our bodies can handle.

This includes:

A convenience diet – Processed foods, refined sugar, simple carbs and refined grains. Simple sugars and starches elevate insulin levels, triggering inflammation.

High omega-6 fatty acids intake – This comes from popular processed oils like vegetable, safflower, canola, corn or margarine. Omega-6 sets off inflammatory precursors, which encourage your system to overreact to normal stimuli.

Smoking (or inhaling second hand smoke) – Smoking creates free radicals that lead to atherosclerosis and also create more inflammation, which increases plaque formation in arteries.

Too little or too much exercise – Just as lack of exercise promotes low-grade inflammation, over-exercising puts your body in a chronic state of inflammation because your tissues can't properly rest and recover.

Stress or lack of sleep – Both situations release the hormone cortisol, creating inflammation. The longer you're under stress or get fewer than 8 hours of sleep each night, the more inflammation you create.

Excess body weight – Fat cells release cytokines (small secreted proteins that affect inter-cell communication). And excess fat cells create a constant, low-grade inflammation throughout the body.

Certain foods – Refined carbohydrates, such as white bread and pastries, French fries, margarine, shortening and lard, certain red meats, soda and other sugar sweetened beverages all lead to inflammation.

How to combat inflammation

Exercise

Stay physically active to lower inflammation in the body. Getting 30-45 minutes of moderate-intensity aerobic exercise five or more times per week may help.

Eat Better

Eat more foods like tomatoes, green leafy vegetables such as spinach, kale and collards, nuts like almonds and walnuts, fatty fish like salmon, mackerel, tuna and sardines, and fruits such as blueberries, cherries, strawberries and oranges.

Protect your body with Nopalea

Maintaining the mobility and vitality to do what you love is essential to living a fulfilled life. Even though you stay active and try to fuel your body with the right nutrients, it may not be enough.

Your body is constantly fighting off germs, bacteria and other threats that can damage your cells and hinder your health.

Inflammation is necessary for a healthy body. When cells face injury and stress, your immune system responds with inflammation to restore impaired cells and protect the healthy ones. However, if inflammation is un-managed, it may leave you more vulnerable to adverse health conditions.

Rebalance inflammation and immune support with Nopalea

It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of inflammation.

Nopalea contains a high concentration of plant-based nutrients called Betalains that have potent antioxidant properties and gives Nopalea its rich ruby color. Betalains strengthen antioxidant defenses and help protect cells from oxidative damage. It does this by neutralizing your body's inner toxins and helps to reduce inflammation. Nopalea provides your body with the relief it needs today while protecting it against tomorrow's dangerous health conditions.

Protect your cells for better health

Healthy cells are in a state of balance, but when cells are under stress, they cannot repair themselves normally. When you drink Nopalea, Betalains begin to restore your body's vitality at the cellular level. They do this by helping your body reduce the toxins surrounding cells, which allow essential nutrients to reach each damaged cell and nourish it. As a result, cells are energized to replace damaged tissues, reduce reactive inflammation and re-balance the natural inflammatory response.

To enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with other plant based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate. Nopalea may help to offset some of the damage caused by our modern lifestyles and lower inflammation.

A Note From Dr. Sheeler:

Healthy inflammation and immune support start here

Experience greater wellness with Nopalea™

Dr. Robert Sheeler is a Board Certified Family Physician who spent a substantial part of his career at Mayo Clinic. In addition to Family Medicine, he is also Board Certified in Integrative Medicine and Urgent Care, and is certified in Functional Medicine.

The fruit of the Nopal cactus has been used by indigenous cultures for many centuries for its healing properties. Many of the plant's benefits are thought to derive from a powerful class of nutrients called Betalains. Betalains are compounds found within the prickly pear (nopal) fruit that have powerful antioxidant properties. They're also what give the cactus fruit its distinctive bright red color.

After learning of the restorative qualities of the nopal fruit, which is found in the Sonoran Desert in the southwestern U.S. and in contiguous areas of northern Mexico, TriVita® went to work to create Nopalea.

However, while Nopalea is derived principally from these wonderfully restorative fruits, we didn't stop there. To further enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with a number of other plant-based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate.

Nopalea has two significant health properties. Along with the other ingredients, the Nopal cactus has both antioxidant and anti-inflammatory effects. Diets rich in fruits and vegetables have been shown to contain levels of antioxidants that confer health benefits, hence the recommendation from most health experts to include several servings per day of fruits and vegetables. Nopalea combines several different ingredients to have a broad spectrum of antioxidant compounds.

At the level of our cells much of the damage that occurs is from oxidation. Our bodies need to combine oxygen with the foods we eat to efficiently create energy. This process of creating energy using oxygen produces high amounts of energy and also creates free radicals, which can harm the cells themselves. The body's immune system also uses intense bursts of reactive oxygen species to defend itself. Both of these processes create species of oxygen molecules that can damage healthy cells.

For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers, both of which have high levels of compounds that contribute to oxidative damage in the body. Eating more fruits and vegetables and taking products like Nopalea may help offset some of the damage to our bodies that is continually being caused by harmful foods and other chemicals we encounter on a regular basis in our modern society.

Nopalea also has anti-inflammatory effects in the body. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of both local and body-wide inflammatory states. Studies and customers

have both demonstrated that Nopalea can improve conditions that may be related to inflammation.

Many patients report they have benefited from a higher initial dose of Nopalea for the first 1-2 months, followed by a lower maintenance dose on an ongoing basis.

For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers...products like Nopalea may help to offset some of the damage to our bodies that is continually being caused by both harmful foods and other chemicals we encounter on a regular basis in our modern society.

Given the damaging effects of both inflammation and oxidation on the body, products such as Nopalea that contain healthy plant antioxidants and have been proven to reduce inflammation may be a wise choice for modern times.

Learn More: [CLICK HERE](#)

