Natural RA Relief How These Spices Reduce Inflammation Part 2 Transcript

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Introduction to Anti-Inflammatory Spices

Did you know that chronic inflammation has an off-switch in your diet? Most people with rheumatoid arthritis focus on what they cannot eat. But today, we are talking about three powerful spices that you should add in every meal to fight against rheumiatoide arthritis naturally.

I'll be talking about three spices that we should add in our diet to fight against rheumatoid arthritis. This is a continuation of our earlier video where we talked about two other spices.

Today I'll be talking about three more that includes cinnamon, garlic and saffron. We'll talk about what are the health benefits and how you can safely and effectively use those spices to help fight against your invisible battle of rheumatoid arthritis.

Before I go further, please like and subscribe to our channel so that you can get this content every week. And please comment in the comment below so I can understand better what your needs are, what we can create, and what type of content you like.

Also, don't forget to accept our gift that includes the free smoothie recipe that can be found in description below as well as a free copy of our rheumatoid arthritis book which we wrote just for you.

to help you understand better about chronic inflammation and rheumatoid arthritis.

Cinnamon Benefits, Dosage, and Safety

The first spice that I'll be talking today is this cinnamon. I know many of you might be surprised how come a cinnamon could be an anti-inflammatory, but it is a good anti inflammatory that you can use to helps naturally fight against rheuatoide arthritis Here are some of the health benefits of cinnamon.

So cinnamon could help reduce inflammation and decrease the disease activity of rheumatoid arthritis. And this cinnamon has a chemical compound. It's called cinnamon aldehyde, which is a bioactive compound and it is known to suppress the pro-inflammatory cytokines.

You might have heard this term, cytocines, these are small chemicals in our body. our immune system typically talk with each other with these chemicals, the cytokines.

And by decreasing those cytocines, it helps reduce inflammation. In rheumatoid arthritis, those cytochines are more than needed. So by blocking the cytokine function, cinnamon can help reduce inflammation.

The recommended daily dosing of cinnamon is around one to two grams that you can find in the powder form and you could use half a teaspoon full of a cinnamon.

There are different ways of getting cinnamon, one of them is in your diet. You can add cinnamon powder in different food that your consume, that includes your oatmeal, your yogurt, your coffee or smoothie.

You can also add cinnamon in your baked food such as bread and your curries. Many of our Indo-Nepalese food has all of cinnamon. So that's why that is a better way of getting cinnamon naturally.

But if you don't have that option, if don' like adding cinnamon to your food, then you can find supplement which can be found in capsule or other extract forms of Cinnamon.

Anyway, you find cinnamon either in the diet or as a supplement. Here are some tips that you can follow to

effectively find cinnamon in your diet. Typically, there is no particular timing of the day you take it, but it's better to take with meal and you incorporate cinnamon into different forms as I mentioned earlier.

The potential side effects which we need to be cautious. If you take too much of cinnamon, then it can cause some mouth sores and really liver related issues.

But that liver-related issue is very, very unusual. Here is another interaction we need to monitor. If we have diabetes, if you are taking blood sugar-lowering medication, cinnamon can further decrease your blood sugars, causing low blood-sugar level called hypoglycemia.

if we are using cinnamon along with your sugar lowering medication just watch out for your Now, another powerful spice that I'll be talking more is this saffron.

So I will talk a little more about how we can add color in our food with saaffron, but how it can also help fight against rheumatoid arthritis inflammation.

I'm going to elaborate more on these interesting spices. Saffrons also have some chemical compounds that can naturally help to fight inflammation and it also helps disease activity reduction in rheuma arthritis.

Typically, cinnamon comes in a small thread, so you can use one or two threads per day. There's no known daily dosing, but one to two thread per days is the right way to do it.

Saffron for Inflammation and Joint Support

You can add saffron in different forms of your food. But typically, I will give you my example. So when we prepare our rice, we do add some cinnamon that will add good color in your foot, as well as your joints will also be happy because of that anti-inflammatory compound.

And it has two anti-inflammatory compounds called Corcine and Saffronel. Those are anti inflammatory and that can help you reduce inflammation of the rheumatoid arthritis.

Now, if you're not able to find these type of supplement that you can find in your store close to you, you could also find some extracts. Some of this saffron extract you might be able find either online or local stores or locally supplement stores.

The best way to take saffron to reduce some of the side effects such as stomach upset is to tick with meal. And the better way is use one or two thread of saaffron and then soak them in water or milk overnight.

The next morning when you are preparing your meal, you can add those thread. That will give good color to your food as well as good anti-inflammatory compound that will make your joints happier.

Now, with any other supplement or medication, we need to look into the drug interaction if you are taking any of the medication. And in particular, in saffron, you need watch out if are you taking blood pressure-lowering medication Saffron may also lower your blood-pressure.

So some of you, if take your anti-hypertensive medication along with saaffrone, it can reduce your pressure. Always watch for your block pressure heard spices that we'll be talking today is garlic.

I know many of you might remember the order of the garlic but even though it is not good order but your joints do like it because of some of anti-inflammatory chemicals it has.

So garlic, because of the chemical called organosulfur compounds, it is known to reduce inflammation. Like the other spices, It helps reduce the inflammatory chemicals such as the cytokines.

So one of them being the TNF alpha. You might have heard this compound, the TNF-alpha, because some of the

commonly used drugs in rheumatoid arthritis, such as ethanercept or also called enbrel or adalumimab, also call humira, block TNT molecules.

So this garlic also have some chemicals like those powerful biologics which can help reduce inflammation. Always remember this tiny spice, which is a powerful tool that can reduce the inflammation A typical dosing of garlic varies, but one to two cloves of fresh garlic could be the right dose per serving.

If you do too much, sometimes it can cause some stomach irritation. So staying in that recommended dose might be a good idea.

Garlic Benefits, Dosage, and Interactions

Now, many of you who are watching this video from India or any other continent, we do use garlic very commonly in many our dyes. So it's one of the best ways to use garlic in our food.

So adding those garlic as a spice in a dish, it will make your food delicious, but also help your joints as well. But if you don't like to add garlic to your foods, you can also find some supplement.

This garlic supplement you find in your local supplement store, which you use daily to help fight against RA inflammation using this supplement So to reduce the side effects of garlic, particularly the smell as well as stomach irritation, it's best to take with meal.

And then because of the odor, some people may not like it to consume in the daytime, so you can consume that nighttime so that you don't have that problem of bad odor.

On the medication interaction, there are two main interactions to monitor. One is if you are taking blood fingers such as coumadin or warfarin, garlic along with this medication can increase your risk of bleeding.

So what's out for bleeding if your taking garlic? And some of you who might have HIV infection, There might be some interaction with those medications to fight against HIV.

Now, all of you rheumatoid arthritis warriors, please let us know how you are liking this video. Please give us a thumbs up if you like these videos and let me know what type of other content you would like to hear about rheuomatoids arthritis.

At the RoomDoc, we have a big goal for 2026. We want to cut at least 100,000 lives of people who have rheoarthritis, who are suffering from this disease, or in confusion.

So we want clarity regarding your medical condition. So let us know what type of content you like. Also don't forget to accept our gift, the two gifts we have in RoomDoc that includes a free copy of the rheumatoid arthritis guidebook as well as a smoothie that contains anti-inflammatory recipe that you can use every morning to fight against rheumiatoide arthritis naturally.

Before we depart, let me give you some general tips on how you can safely use the spices we talk in the video today and the last video. We talk about five spices.

So let we summarize how we can use those spices safely. With any medication or any supplement, always start slow. Start at the lower dose possible and slowly increase to the recommended dose.

That will help you minimize the side effects. And also we be aware to closely monitor for any drug interaction.

Safe Use Tips and Lifestyle Framework

And always consult with your doctors, your primary care doctor, you rheumatologist so that they can help you learn what are the side effects we need to watch out, particularly if you have high blood pressure, if have diabetes, or if

are taking any blood thinner, always ask them what is a safe thing to do and how do you safely use these spices as well as other supplements.

As I have been telling you many times, as I had discussed earlier, these spices are complimentary. They don't substitute your medical treatment. So always check with your doctor before you make any changes with medication treatment and always Always try to continue your recommended medication because they will help you feel better.

Now, they may not take away all of your pain, all your stiffness. That's why these spices could be complementary to help manage those other symptoms that you are not feeling better despite taking those medications.

And always monitor for side effects. The quality of the supplement also matters, so always look at the quality that you are taking. Read the label carefully, read how much component it has, what is the recommended dose.

So always follow the recommendations of these spices and the supplements. In general, these spices are better taken with meal. This helps reduce the side effects as well as they are a better absorb into your body.

So if you could add these spaces in your food rather than finding them as a supplement. But if don't like those flavor, you can still take as supplement And you have the three important thing to do.

The first one is patience with your treatment. Many of us, we try to get quick results, but these spices are mild. They take time to help you. So be patient.

Start slow and close the monitor and then be patience. Always ask your doctor to closely monitor your blood markers, typically looking at your liver markers because of some interaction with your rheumatoid arthritis medication such as metatrexate and some of the supplements or spices and bleeding could be a risk for some spices.

So just watch out for those bleeding in your skin, in gum or any other body areas. Now, let me leave you with a word of caution that is very important when we talk about the spices and supplements.

Spices are not replacement for your prescribed medication. They are complementary to what you are doing with your other medication, so continue your prescription medication as recommended by your doctors and always let them know what to feel, how you feel and what do you can do to make you better, including adding these spices.

And this is very critical. This is important when we think about treating rheumatoid arthritis. Rheumatitis is an inflammatory process, a systemic inflammation.

When we talk about systemic inflammatory, we need to have a better system to help control those inflammations. That's why we have this Nescar system at Roomba, which includes looking at your nutrition, your exercise, your sleep, stress management technique, regular checkup, avoiding risky substances like alcohol and smoking, and creating a positive relation with yourself, not blaming yourself for your disease, as well as creating positive relations with your family and friends.

So don't forget your Nescar. Along with spices, along with supplements, this Nescar will make you feel better. This is the better way of fixing the inflamed system in your body.

So don't take spices as a quick and easy fix. We need to create a better system through this NASCAR framework of lifestyle changes. And as always, our content are meant for educational purpose.

They don´t substitute a doctor's visit or your doctor´s suggestion. Always follow up with your doctors suggestion, always follow what is recommended by your Doctors.

But you want to learn more about this content, then we are here to help you learn. More so that you can have an informed decision. You can. Have an inform discussion with your doctors.

So discussion that we have today on the spices will empower you to better fight against rheumatoid arthritis and manage it better. So what we talked today with the spices, I hope that it will empower you in fighting against rheumatoid arthritis.

But just remember these three things. The spices are complementary therapy, like we talk about turmeric, ginger, cinnamon, saffron and other spices that we'll talk today will help you as a complement to your medical treatment.

but your doctor's advice will always be there to help. And don't forget the power of lifestyle changes to our NASCAR framework. Thank you so much for listening to our video today.

Please like our videos, share it with someone who might like it, who may benefit from this content and will come with similar content in the future videos.

I'll see you next time. Bye bye.