PAIN RELIEF CODE:

3 LITTLE-KNOWN FOODS THAT CAN STOP YOUR PAIN, STAT

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INTRODUCTION

We are facing a health crisis. Diseases such as cancer, diabetes, and obesity are more prevalent than ever, and chances are you are at risk of contracting one of them.

What is causing this epidemic? Surprisingly, it can all be traced back to one thing – chronic inflammation.

It is the cause of most of the serious ailments affecting us today, and chances are good that you have it without even knowing it. Most cancers, heart diseases, diabetes, obesity and many more can be traced back to inflammation.

Inflammation isn't necessarily bad for us. It shows up on the skin surface as swelling, redness, pain or heat. It is your body's healing response. It helps stimulate immune activity at the site of the injury or infection. However, if it persists for an extended period of time and serves no purpose, it can cause unwanted stress on the body. This can lead to serious illnesses.

It occurs for a number of reasons, with most of them lifestyle-related. A poor diet, lack of exercise, and/or exposure to toxins can all lead to chronic inflammation. Fortunately, this also means that it is preventable.

With just three different spices, you can help your body start to reduce chronic inflammation. That’s right – just three. It might seem impossible, but it’s true. These spices pack such a powerful punch that you’ll be able to notice the difference almost immediately.

Here is where you’ll learn about the causes of chronic inflammation and what you can do to reduce it. Read on and you'll find in-depth explanations of the condition, what foods and spices that help alleviate it, as well as recipes and a week-long meal plan to help you get started.

So, the question is, are you ready to begin your journey towards a chronic inflammation-free life?
It was not until relatively recently that inflammation was discovered to play such an important role in our health. It is now one of the hottest topics out there, and scientific research has shown it to be the cause of a wide range of lifestyle diseases.
Inflammation plays a huge role in our health. It is part of the body's complex immune system, which is your first line of defense against sickness and infection. It is actually something that we need, but it can end up putting a lot of strain on our bodies if it persists for too long. And as we all know, when we do this to ourselves, it starts to become harmful.

If we constantly expose ourselves to toxins, eat a calorie-dense and nutrient-lacking diet, and generally disregard our health like so many in today’s society, inflammation can go into overdrive. This is where the problems start. If it is prolonged, it can start to harm the body’s tissues and even our cells.

Today's world makes it so easy for all of us to suffer from chronic inflammation that many of us don’t even know we have it. It is now the “norm” to feel fatigued easily, to have aches and pains in our joints and back and hips for no reason, to get breathless from climbing just one flight of stairs.

Every day, we are exposed to toxins that our bodies were never meant to handle, from the air we breathe to the foods we eat; it is all taking its toll. This leaves us vulnerable to a host of different life-threatening illnesses. One way to protect ourselves from this constant assault on our immune system is to fill our bodies with a precise amount of a certain compound. If you want to skip the fuss of diets and recipes, click here to find out about this effective, natural compound.

Now, if we don’t balance the bad stuff with diet and exercise, it is even more likely that we will contract one of the diseases mentioned above. But before we even start to treat this condition, we have to know what it actually is, and how it works.

HOW IT WORKS

The lymphatic system is a network of tissues and organs that is responsible for getting rid of any toxins in the body. Therefore, it is vital for the treatment of diseases. It is through this that cytokines, which are released by the mast cell, flow through. They then recruit immune cells to do their work at the site of an injury, resulting in inflammation.

So, if you were to injure your ankle, cytokines are released by the mast cell and flow to the area, resulting in swelling. The mast cells then release histamines to trigger the immune response. Histamine is the thing that’s responsible for the redness you see on a bug bite.

WHEN IT GOES WRONG

Histamine helps healing by stimulating the blood cells to get large amounts of protein and white blood cells to the affected area, which then proceed to attack the foreign invaders. This is required for us to heal. When it works as it should, the body kills whatever is attacking it,
the inflammation reduces, and things return to normal. However, sometimes histamine can go wrong and respond in an exaggerated manner.

When it does this, it causes an allergic reaction. This occurs when the cells attacking the foreign bodies start attacking your own cells, which results in harmful cell and tissue damage. Once this happens, antihistamine is needed to stop it.

Rheumatoid arthritis is an example of what is described above. There are no foreign invaders in the body and yet the sufferer's joints display signs of inflammation, because the body is essentially attacking itself, leading to pain and swelling.

When the inflammation is too strong, it starts to damage the body's tissues gradually. The body then responds by trying to heal itself the only way it knows how – by creating more inflammation, creating an incredibly vicious cycle.

This cycle is called chronic inflammation, and it is almost impossible to break, unless you radically change your diet and lifestyle. It starts in one place and spreads quickly, which leads healing and destructive processes happening at once. Although the body tries to fight it, in the end the destructive process wins and you wind up with a chronic illness.

The really scary thing is that chances are good you won’t just end up with one, you’ll contract a range of life-threatening and painful diseases which will drastically affect your quality of life.

HOW IT AFFECTS YOUR HEALTH
There are two types of inflammation – acute and chronic.

Acute inflammation happens when you ingest something that you're allergic to, such as peanuts if you have a peanut allergy. Within a few hours or even minutes, you start showing signs of inflammation. In the case of an allergic reaction to peanuts, this can manifest itself as swollen lips or a closing throat, among others. After taking antihistamine or if the allergen leaves your system, your body returns to normal.

Chronic inflammation occurs when something like an infection remains for weeks, months or more. Sometimes this doesn't even cause any pain, causing you to think that you are perfectly healthy, even though your body is basically hurting itself every day. The only symptom you might experience is that you're tired all the time, because inflammation requires a lot of energy. And in today’s hectic world, how many of us even notice being tired anymore? It’s become a constant state.

This type of inflammation puts your body under constant strain. You might not even be able to discover what the problem is, but at some point, you will experience bad symptoms. These
typed of chronic illnesses are not usually caused by foreign bodies, so are very hard to cure. Sometimes they can even last for years on end.

Examples of chronic illnesses are cardiovascular diseases, Alzheimer's disease or dementia, Cancer, infertility, and diabetes, among many others. Once you get one of these illnesses, it is very hard to undo it. This means that prevention is the best remedy.

Over 70% of deaths around the world are due to chronic illnesses like these. A closer examination will reveal that most of these has some form of inflammation. For example, heart disease is caused by inflammation of the arteries, while arthritis is inflammation of the joints.

Since modern medicine only treats the symptoms, it is up to you to treat the root cause. In order to truly fix these ailments, we have to go straight to the source.

However, before we do, we need to explore the diseases related to inflammation, as well as their risk factors. That’s what we shall do in the next chapter.
As we covered briefly, chronic inflammation is the cause of many serious diseases, but before we can go into what they are, we need to know where it starts.
WHERE IT BEGINS
The answer is simple – it all starts in the gut. Which is why what you eat makes such a big difference to inflammation.

Your gut has a surface area that is probably a lot bigger than you think it is, and can actually cover two tennis courts. It is an intricate thing, much like the rest of our bodies, and is semi-permeable. The level of permeability depends on the condition of your body. For instance, if your cortisol becomes elevated, it increases.

This can have a negative effect on your body. The more permeable your gut lining is, the more chance that nasty stuff like toxins will enter your bloodstream. This is known as Leaky Gut Syndrome (LGS).

Repeated damage to your gut lining by this condition mean that the cells there will not be able to do their job properly, meaning that your digestive tract won’t be able to make use of the nutrients you ingest effectively. As this continues, your body responds with an inflammatory response, which can lead to a whole host of diseases.

DISEASES TRIGGERED BY INFLAMMATION
There are a ton of diseases that can be caused by inflammation, but it sometimes takes months or years for them to manifest. This is because inflammation harms the body gradually, slowly eating away at it until it has caused enough damage to trigger a disease. Below is a list of some of the various diseases inflammation can play a part in:

- **Allergies**: Inflammation can trigger allergies later in life, even if none existed there before.
- **Alzheimer’s Disease**: Inflammation can kill brain cells, resulting in this nasty degenerative disease.
- **Asthma**: Cytokines can end up causing reactions that lead to the lining of the airways being damaged.
- **Autism**: Cytokines can end up causing brain damage in the right hemisphere, resulting in autism.
- **Congestive Heart Failure**: Prolonged chronic inflammation can lead to damage to the heart muscle, resulting in heart failure.
- **Kidney Failure**: Cytokines can end up restricting circulation, which leads to kidney damage and failure.
- **Lupus**: Cytokines can cause your body to attack its own connective tissue, leading to this dreaded disease.
- **Stroke**: Prolonged chronic inflammation can lead to an increased risk of strokes.
There are actually many more diseases, but a lot of them will be hard to understand without a Google search. Suffice to say, chronic inflammation can be life-threatening, debilitating, and just plain awful.

THE ROOT OF THE PROBLEM

Essentially, chronic inflammation means that your body’s immune system is attacking itself. The problem is that Western medicine doesn’t really have a solution for this. The best you’ll get from your doctor is drugs that will suppress your immune system, which will reduce inflammation, but they will not get to the root of the problem. As such, the damage to your body continues until it becomes too late.

Unless you address the root of the problem, you’re just masking the symptoms, which is an exercise in futility. You need to stay away from the harmful drugs and address the problem in a natural way to ensure that you can recover.

In our next chapter, we’re going to give you three ways that you can fight inflammation without the need to spend a fortune on expensive drugs. Or if you’d rather take a shortcut, you can check out this all-natural answer to the root of your problem, and start tackling it head-on.
Now that you know how bad chronic inflammation can be, it’s time to learn how to start reversing it. Your road to an inflammation-free life starts here.
After all we’ve told you about chronic inflammation, it might seem like an insurmountable task to reverse it, but we can assure you that it isn’t. In fact, when weighed against the severity of the issue, it is comparatively easy, and it all starts with three powerful spices.

That’s right. You can begin reversing your inflammation by adding three spices into your diet. It’s not that unbelievable when you consider that herbs and spices have been used in traditional medicine for centuries, and have worked wonders in all that time.

They work by acting as antioxidants, helping to stop the free radicals that cause the damage to your cells that results in inflammation. Herbs and spices, especially the three we’re about to give you, are some of the most powerful antioxidants you can find, and so should be the first weapon in your fight against chronic inflammation.

So, let’s take a look at the most powerful ones.

**GINGER**

Used for centuries for everything from pain relief to an inflammation fighter, ginger should be one of the first spices that you turn to. It’s attack on chronic inflammation is three-fold, making use of the antioxidants named gingerols, shogaols, and paradols.

6-gingerol, for instance, combats chronic inflammation by hindering the production of the free radicals that can cause serious damage to your cells. All the antioxidants in ginger work together almost like the medication non-steroidal anti-inflammatory drugs (NSAIDS), which are usually used to treat the pain caused by arthritis.

This perfectly illustrates one of the many ways that spices are so amazing – why spend so much money on drugs when a humble spice does pretty much the same thing? Clinical trials have proven that ginger is a great way to relieve the pain of arthritis, so you might want to keep that in mind the next time you head to the doctor.

Another brilliant thing about ginger is that it goes well in a lot of dishes, and can add a great flavor profile. It can even be added to tea if you want a bit of a kick, or applied directly to aching joints.

You have to keep in mind that low-quality or ginger that’s gone off can be dangerous. It can go moldy, and turn toxic quickly. Go for fresh ginger and store in a cool, dry place.

**CLOVES**

These are the second spice on our list, and yet another that is wholly deserving of a space in your pantry. They are a great source of eugenol, which has been shown in studies to help prevent the kind of inflammation that is linked to cancer, heart disease and other dangerous illnesses that are a symptom of the regular American diet.
It does this by blocking the specific enzyme that can lead to inflammation, much like NSAIDS do (yet another point for spices). They’re also an incredible source of antioxidants and flavonoids, including kaempferol and rhamnetin.

They have a well-documented ability to stop free radical damage, which is essential if you want to reverse the inflammation that is plaguing you, and they have antifungal properties. Be careful if you’re using clove oil, however, as it can very easily be toxic if overused.

You can use them in a variety of dishes, from mulled wine to a spice rub for meat.

**TURMERIC**

Now we get to our most powerful spice, one that has been famed for centuries as a life-enhancer. Used by both the Indians and the Chinese as a powerful medicine for everything from liver disease to immune disorders, western medicine is only now starting to key onto the fact that this spice has incredible curative properties.

Recent studies have confirmed that turmeric has strong antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer qualities. Think about how amazing that is for a minute. This makes it a powerful weapon in the fight against a variety of diseases caused by chronic inflammation, including diabetes, arthritis, Alzheimer’s and cancer. Impressive for a spice that can add layers to a good curry.

Turmeric contains over two-dozen anti-inflammatories, which can help stop inflammation and pain. It can also act as a guard against Alzheimer’s by blocking the formation of the plaque that causes that dreaded degenerative disease.

However, there is one compound contained within turmeric that makes it such an amazing spice. It’s all down to one antioxidant contained within – curcumin.

This is by far one of the most powerful antioxidants that you can find. It gives the spice its distinctive yellow color, and is incredibly effective at reducing inflammation. It also helps quell the growth of tumor cells that are a cause of a host of different cancers, as well as improves insulin resistance.

The only downside to turmeric? It doesn’t contain nearly enough curcumin. It has some, but in amounts so small that you’d have to ingest a ridiculous amount of the spice to get enough curcumin.

So, what can you do?
Well, since the percentage of curcumin is so low, there is only one way you can get a concentrated, effective dose of this goodness—in fact, it’s the best way. Click here to discover this simple, inexpensive, yet powerful remedy, specially designed to deliver instant pain relief and reverse
This chapter is going to be focused solely on recipes that can provide you with a great anti-inflammatory boost. Use our examples as a guide to help you get started. These three spices are incredibly versatile, and it’s always a good idea to experiment to suit your personal preferences.
GINGER RECIPES

Starter: Carrot Ginger Soup

Ingredients:
- 3 Tbsp. unsalted butter
- 1 1/2 pounds of carrots (6-7 large carrots), peeled and sliced thin
- 2 cups chopped white or yellow onion
- Salt
- 1 teaspoon minced ginger
- 2 cups chicken stock or vegetable stock
- 2 cups water
- 3 large strips of zest from an orange
- Chopped chives, parsley, dill or fennel for garnish

Method:
1. Sauté your onions and carrots in melted butter in a pot, stirring occasionally, for about 5 to 8 minutes, being careful not to let them brown
2. Add your stock, water, ginger and orange zest strips to your pot and simmer for about 20 minutes, or until your carrots have softened, removing the orange zest once done
3. Pour into a blender and blend until you have achieved your desire consistency
4. Serve

Main: Ginger-Chicken Meatballs

Ingredients:
- 1 garlic clove, finely grated
- 1 lb. ground chicken
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons finely grated ginger
- 4 scallions, thinly sliced, plus more for serving
- 2 cups low-sodium chicken broth, divided
- 2 tablespoons vegetable oil
- 1/2 bunch Chinese broccoli, chopped
- 1/2 teaspoon crushed red pepper flakes
- Kosher salt, freshly ground pepper
Method:
1. Mix the garlic, chicken, soy sauce, ginger, 4 scallions, and ½ cup broth in a bowl to combine, before shaping tablespoon-sized portions into meatballs
2. Cook the meatballs in a skillet over medium-high heat until they’re golden-brown and transfer to a plate
3. In the same skillet, put the broccoli and red pepper flakes, season with salt and pepper to taste and cook until the broccoli is tender
4. Add the meatballs and the rest of the broth back into the skillet before letting it simmer over medium-high heat until meatballs are cooked through
5. Serve

Dessert: Ginger and Blackberry Trifle

Ingredients:
- 1 piece fresh ginger (3 inches long), peeled and roughly chopped
- 3/4 cup sugar
- 1 store-bought pound cake (12 to 16 ounces)
- 2 cups cold heavy cream
- 2 packages (6 ounces each) fresh blackberries

Method:
1. Combine the ginger, ½ cup of sugar and ½ cup of water in a saucepan and bring to the boil, stirring until the sugar dissolves. Once done, cover and remove from the heat before setting aside for 20 minutes to an hour
2. Cut the pound cake into 1-inch thick slices and dab them with syrup, making sure to use it all and leave the chopped ginger behind. Once done, cut the slices into cubes
3. Whip the cream with the reaming sugar until you have soft peaks
4. Place the cake cubes, cream and blackberries in a glass bowl in alternating layers and chill for half an hour to overnight
5. Serve
CLOVE RECIPES

Starter: Country Terrine

Ingredients:

- 300g/10oz rindless pork shoulder, chopped into small pieces
- 300g/10z rindless pork belly, chopped into small pieces
- 150g/5oz rindless unsmoked streaky bacon rashers, chopped into small pieces
- 225/8oz pig’s liver, rinsed and patted dry with kitchen paper
- 2 garlic cloves, peeled and crushed
- 1 orange, juice and zest
- 6 tbsp. brandy
- 3 tbsp. chopped fresh sage leaves
- 1 tbsp. chopped fresh thyme leaves
- 1 tbsp. whole black peppercorns
- 1 tbsp. juniper berries
- 400g/14oz rindless smoked streaky bacon rashers
- 200g/7oz cornichons, drained
- sea salt and freshly ground black pepper

Method:

1. Put half the pork shoulder, half the pork belly, half the bacon, the liver and garlic into a food processor to blend until it is smooth, before adding in the rest of the pork and pulsing until you have a chunky texture

2. In a bowl, add the mixture and combine with orange juice and zest, brandy and herbs before adding the peppercorns and juniper berries (ground in a paste). Stir together, cover with cling film and let chill in the fridge for up to 3 hours

3. Place the bacon on a board and stretch before placing into the terrine mold diagonally, making sure that each one overlaps at the edges of the other, until the mold is covered in bacon

4. Preheat your oven to 300F
5. Place a third of your pate mix into the mold before placing half the cornichons lengthways down the terrine on top of that. Continue to alternate layers of a third of the pate and cornichons until the mold is full and bring the overlapping bacon over the pate to cover.

6. Cover the terrine and place in a roasting tin, adding enough boiled water to the tin until it is halfway up the terrine, then bake for an hour and a half.

7. Remove and chill in the fridge overnight.

8. Serve with crusty bread.

**Main: Chickpea Curry**

**Ingredients:**

- 2 tablespoons vegetable oil
- 2 onions, minced
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger root, finely chopped
- 6 whole cloves
- 2 (2 inch) sticks cinnamon, crushed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- salt
- 1 teaspoon cayenne pepper
- 1 teaspoon ground turmeric
- 2 (15 ounce) cans garbanzo beans
- 1 cup chopped fresh cilantro

**Method:**

1. Fry the onions until tender in an oiled pan.
2. Add the garlic, ginger, cloves, cinnamon, cumin, coriander, salt, cayenne, and turmeric and cook for a minute over medium-high heat while stirring.
3. Add the chickpeas and their liquid and continue to cook until everything is heated through.
4. Remove from the heat, stir in cilantro and serve.
Dessert: Spiced Pecan Pie

Ingredients:
Pastry:
• 370g/12½oz plain flour, plus extra for dusting
• 180g/6¼oz salted butter, chopped into small pieces
• 4 small cloves, finely crushed
• pinch ground star anise
• 8-10 tbsp. chilled water

Filling:
• 125g/4½oz butter
• 100g/3½oz golden syrup
• 100g/3½oz Muscovado or soft brown sugar
• 3 medium free-range eggs
• 300g/10½oz pecan nut halves
• ¼ tsp ground cinnamon

Method:
1. Start by making the pastry. Sift the flour into a large bowl before adding butter and rubbing it together until it looks like breadcrumbs. Once that’s done, add the star anise and closes and stir
2. Mix in water a little bit at a time until you make a dough. Wrap it in cling film and let it rest in the fridge for 15 to 20 minutes.
3. Preheat your oven to 350F
4. Roll out the pastry on a lightly floured surface until it is large enough to cover a 9-inch tart tin with a ¾-inch overhang and put it in the tin
5. Take a sheet of baking paper, crumple it and line the pastry case before filling with uncooked rice and baking at 300F for 8 to 10 minutes. Once it’s done, remove the baking paper and set the pastry aside to cool
6. Get a saucepan and heat the butter, syrup and sugar gently until the sugar dissolves and remove from the heat
7. Beat your eggs in a bowl until they are light and frothy before gradually pouring in the sugar mixture, stirring it in as you do.

8. Chop half your pecans before adding them to the mixture with cinnamon and pouring it into the pastry case.

9. Place the remaining pecans on top and bake in the oven at 370F for 12 to 15 minutes, until golden brown.

10. Set aside to cool, trim off the excess pastry and serve with ice cream.

**TURMERIC**

**Snack: Turmeric Hummus**

**Ingredients:**
- 2 cans garbanzo beans, drained
- 3 cloves, garlic
- Juice of 2 lemons
- 3 tablespoons tahini
- 1/3 cup olive oil
- ½ teaspoon sea salt
- 2 teaspoons turmeric powder
- ½ teaspoon cumin
- ¼ teaspoon crushed red pepper
- 1 tablespoon apple cider vinegar

**Method:**
1. Add all your ingredients to a food processor and blend until smooth.
2. Serve with pita bread.

**Main: Yellow Lentil Curry**

**Ingredients:**
- 1 c dry yellow lentils, thoroughly rinsed
- 1 med sweet onion, diced
- 1 qt. low-sodium vegetable broth
- 1 c sweet corn
- 1 Thai chili pepper, seeded
• 1 cinnamon stick  
• 1 Tbsp. minced garlic  
• 1 1" piece of fresh ginger, sliced fine  
• 1 tsp turmeric  
• 1 tsp garam masala  
• ½ tsp ground coriander  

Method:  
Get a large soup pot, place all your ingredients inside and bring to a boil before reducing the heat to medium and simmering, covered, for 20 minutes. Remember to stir occasionally  
Reduce the heat to low and simmer for a further 20 minutes, until your lentils are soft and tender  
Remove from the heat and serve  

Drink: Turmeric Smoothie  
Ingredients:  
• 1 c milk  
• 1 banana  
• ½ tsp turmeric  
• 1 Tbsp. coconut oil  
• pinch of cinnamon  
• ice cubes (optional)  

Method:  
1. Add all the ingredients to a blender and blend until smooth  
2. Serve
Inflammation is one of your body’s biggest enemies. It is a silent killer that attacks you from the inside, often without your knowledge and can lead to pain, as well as a host of nasty diseases. You need to be doing something to stop it, and that starts with everything you have just learned.

It really is easy to reduce the risk of cancer, Alzheimer’s, heart attacks, and many, many more. It starts in your gut, so a large part comes down to what you put in your mouth. That’s where our three power spices come in.

Simply incorporating ginger, cloves, and turmeric into your diet can give you a massive antioxidant boost, and help you fight off inflammation. Use our delicious recipes to your advantage, and as inspiration to create your own super spice-powered dishes.

Most importantly, you need to remember that turmeric is the king of these three spices, simply because it contains curcumin. It is one of the most powerful antioxidants out there, and can stop inflammation dead in its tracks.

But like I said, because there is so little of it in turmeric, you might want to try this other method instead; one that is able to deliver curcumin’s full benefits into your body.

It’s much faster, simpler, and can be your front line in the battle against chronic inflammation alone, because it’s just that strong. Take a look for yourself here and learn how you can utilize this amazing formulation to regain your youth, vitality, and become entirely pain-free.