

FIGHTING INFLAMMATION PROTECTS YOU FROM HEART DISEASE, CANCER, DEMENTIA, TYPE TWO DIABETES AND MANY OTHER

HARVARD EXPERT SAYS

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Did you know that:

Inflammation is a vital part of our body's system infection-fighting defense system supporting our survival by fighting off hostile microbes and healing our injuries. But low grade chronic inflammation that simmers for years without our knowledge affect almost every one and contribute to cardio vascular diseases, cancer, type II diabetes and other non-communicable conditions. Shocking truth is that three out of five die due to diseases linked to chronic inflammation [2]. That's why I am writing this article for you.

Did you know that:

Chronic inflammation can lead to aging and immune senescence, dysfunctional mitochondria and sustained oxidative stress, autoimmune reactions, obesity-induced immune cell dysregulation, inflammasome activation, and infections[3]?

Did you know that:

You can now dampen low grade inflammation before it has a chance to compromise your health by diet modification. Specific nutrients such as Omega-3 fatty acids, polyphenols. Monounsaturated Fatty Acids (MUFAs) for example have been shown to decrease proinflammatory cytokine concentrations such as CRP, TNF- α , monocyte chemoattractant protein 1 (MCP-1), IFN- γ , IL-18, and IL-6 and to inhibit NF- κ B proinflammatory signaling pathways. Phytochemicals and bioactive compounds such as carotenoids, flavonoids, and polyphenols contribute directly or indirectly to pro- and anti-inflammatory effects.

We have what you need:

Most of these nutrients can be found in [seamossplus](#) by Nyamunzi Traders. In a table below, we present anti-inflammatory compounds present in seamossplus [4, 5].

Taming chronic inflammation can help

1. Treat asthma and other allergies
2. Treat autoimmune disease-IBD, Rheumatoid arthritis, Lupas, Multiple sclerosis, and psoriasis
3. Protect your heart
4. Protect your brain from dementia, depression and stroke
5. Fight against cancer

Anti-inflammatory Compound	Presence in seamossplus
Omega-3 Fatty Acids	Yes. Sea moss is a good source of polyunsaturated fatty acids, including omega-3s.
Polyphenols	Yes. Sea moss is a rich source of phenolic compounds, which act as powerful antioxidants to combat free radicals.
Monounsaturated Fatty Acids (MUFAs)	Yes. Seaweed naturally contains a mix of fatty acids, although the total lipid (fat) content is generally low.
Carotenoids	Yes. Pigments such as beta-carotene and fucoxanthin are naturally present, which the body converts to Vitamin A.
Flavonoids	Yes. These reduce oxidative damage and reduce inflammation
Alphar-Citral	Yes. A powerful flavonoid that actively reduces inflammation, protects cells from oxidative stress.
Luteolin	Yes. An abundant flavonoid glycoside known to lower levels of inflammatory cytokines, such IL-6, and TNF-α
Myrcene	Yes. A naturally occurring terpene that possesses analgesic and anti-inflammatory properties
Geraniol	Yes. A terpene recognized for its regenerative properties and ability to protect the skin and body tissues against oxidative stress.

We have what you need:

You can significantly reduce your chronic inflammation and thereby your risk of heart disease, cancer, diabetes type II, dementia and many other. Seamossplus is your health companion.

References

1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8803482/>
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3. Greenberg AS, Obin MS. Obesity and the role of adipose tissue in inflammation and metabolism. Am J Clin Nutr. 2006;83(2):461S–5S. [[DOI](#)] [[PubMed](#)] [[Google Scholar](#)]
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8232781/>
5. <https://www.sciencedirect.com/science/article/abs/pii/S175646461400231X>

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