



TALYALA EMU OIL



The anti-inflammatory action of emu oil

Inflammation is at the root of many of the health issues we face today, from rheumatoid arthritis and irritable bowel syndrome, to niggling muscle aches and pains. Emu oil may be useful in treating these conditions because it has been shown to have powerful anti-inflammatory action in the body. Here's what you need to know about using emu oil as an anti-inflammatory.

What is inflammation?

When your immune system detects a threat such as infection, stress or harmful chemicals, it responds by producing inflammation to protect your cells from damage. Inflammation is usually beneficial – for example, it's your body's first line of response to injury and infection – but it can backfire when the immune system mistakenly attacks healthy tissues due to autoimmune disorders such as inflammatory bowel disease and rheumatoid arthritis.

How can emu oil help treat inflammation?

Emu oil contains key nutrients that have an anti-inflammatory effect in the body. It's rich in the essential fatty acids omega -3, -6 and -9 – dietary fats that have been shown to regulate immune function and the inflammatory response. Emu oil also contains a range of antioxidants and vitamins E and K2 that may also play a role in improving immunity and fighting chronic inflammation.

There is scientific research to back up the widespread anecdotal evidence that emu oil is a potent anti-inflammatory. Most significantly, studies by the University of Adelaide have shown that emu oil decreased acute inflammation in the bowel due to ulcerative colitis and mucositis. It was also shown to repair bowel damage caused by chemotherapy.

Other research has indicated that emu oil is effective in reducing arthritic pain, including a 2004 Victoria University study that found that both topical application and internal supplementation of emu oil offered relief from osteoarthritis.

Emu oil's anti-inflammatory effect may also be useful in treating muscle aches and pains, autoimmune skin conditions such as eczema and psoriasis, and stings, burns, bruises and wounds.

How to use it

Emu oil can be used both topically as a lotion and internally as a dietary supplement. It's gentle on sensitive skin and easily absorbed, making it a great massage oil. For those suffering from arthritis at multiple sites or from a bowel condition such as ulcerative colitis, dietary supplementation is recommended. A combination of capsules and topical oil is also effective for arthritis and inflammatory skin conditions.

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