

# Calm Whispers - Anti-Inflammatory Tincture

## DESCRIPTION

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### Nature's Most Powerful Anti-Inflammatory Formula

Inflammation is at the root of nearly every chronic condition and acute discomfort — from joint pain and skin reactions to sunburn and systemic heat. Our **Anti-Inflammatory Tincture** is a meticulously crafted fusion of seven time-honored botanical warriors, each chosen for their documented ability to reduce inflammation, cool heat, and restore balance throughout the body.

Whether you're dealing with sunburn, muscle soreness, inflammatory skin conditions, or chronic systemic inflammation, this formula delivers fast-absorbing, concentrated botanical power directly to where it's needed most.

### What This Tincture Is Made For

- Acute sunburn and UV-induced skin inflammation
- Joint and muscle inflammation and soreness
- Systemic chronic inflammation
- Inflammatory skin conditions (redness, swelling, heat)
- Post-exercise recovery and oxidative stress reduction
- Digestive inflammation and gut lining support

### The Formula — Ingredient Breakdown

**Turmeric (*Curcuma longa*)** — The golden king of anti-inflammatory herbs. Curcumin, the primary compound in turmeric, inhibits NF-kB — the master switch of inflammatory gene expression — with potency that rivals many pharmaceutical NSAIDs, without their side effects. It suppresses COX-2 enzymes, reduces inflammatory cytokines, and provides powerful antioxidant protection to tissues under stress.

**Ginger (*Zingiber officinale*)** — A warming, circulatory-activating anti-inflammatory root with over 400 bioactive compounds including gingerols and shogaols. Ginger works synergistically with turmeric, amplifying curcumin

absorption while contributing its own COX-2 and 5-LOX inhibiting effects. Traditionally used for all inflammatory and pain conditions in Ayurveda, TCM, and Western herbalism.

**Cinnamon (*Cinnamomum verum*)** — Ceylon Cinnamon brings warming, antimicrobial, and circulation-enhancing properties. Rich in cinnamaldehyde and polyphenol antioxidants, it reduces inflammatory markers, improves blood sugar stability (reducing inflammation-generating glycation), and provides aromatic anti-inflammatory volatile oils that work topically and systemically.

**Dragon Apple Root** — A potent cooling anti-inflammatory root with phenolic acids and flavonoids specifically targeting heat-induced inflammation. Traditionally used in botanical medicine for sunburn and surface inflammation, it provides a cooling counterbalance to the warming herbs in this formula.

**Holy Basil / Tulsi (*Ocimum tenuiflorum*)** — The sacred herb of Ayurveda, Holy Basil is a powerful adaptogenic and anti-inflammatory herb. Its eugenol content rivals clove oil in COX enzyme inhibition. It reduces cortisol-driven inflammation, protects cells from oxidative stress, and brings a calming, nervous system-soothing quality to the formula.

**Black Pepper (*Piper nigrum*)** — Far more than a spice — piperine, the active compound in black pepper, increases the bioavailability of curcumin by up to 2,000%. Without black pepper, much of turmeric's curcumin passes through unabsorbed. This pairing is one of the most scientifically validated botanical synergies in existence. Piperine also has independent anti-inflammatory and antioxidant activity.

**Skullcap (*Scutellaria lateriflora*)** — An American nervine and anti-inflammatory herb with baicalin and scutellarein as primary active compounds. Skullcap reduces neurological inflammation, relaxes muscle tension and spasm, and calms the nervous system's inflammatory response — addressing the mind-body component of inflammatory conditions.

## How to Use

Take 1–2 droppers (approximately 1–2 ml) under the tongue or mixed in water, 2–3 times daily. Hold under tongue for 30–60 seconds before swallowing for optimal sublingual absorption. Can be applied topically (diluted in carrier oil or aloe) for sunburn and localized inflammation.

## Base

Organic vegetable glycerin and structured water (alcohol-free option). Alcohol (organic vodka) base available.