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**Botanical Anti-Inflammatories**

Plant based, natural anti-inflammatories offer many benefits for managing lyme symptoms. These gifts from nature are available as food, supplements, tonics, and tinctures.

**My favorites:**

**Turmeric/Curcumin** - Grows wild in the forests of Southeastern Asia including India, Indonesia, Indochina and some of the nearby Asian and Pacific countries. Base of most curries in India and Asian countries. Primary medicinal property is Cox-2 inhibitor.

**Ginger** - Medicinal and commerce importance dates back to ancient Greek literature. Versatile medicinal benefits include pain reliever, digestive aid, hormone balance, energy, aphrodisiac, circulation and appetite. Primary medicinal property is Cox-2 inhibitor.

**Boswellia** - Milky sap tapped from the Boswellia tree, also know as frankincense. Religious ceremonial importance, anti-arthritis. Primary medicinal property is Cox-2 inhibitor.

**Devil's Claw** - Native to southern Africa. Introduced to Europe in the early 1900's. Gets it's name from the tiny hooks that cover the fruit. Used as a pain and inflammation reliever. Primary medicinal property is Cox-2 inhibitor.

**Cat's claw** - Comes from Amazon highlands of Peru and other south and central American areas. Woody vine, claw shaped thorns, Used for treatment of arthritis. Primary medicinal properties are anti-viral, anti-parasitic, anti-inflammatory.

**White Willow** - Trees and shrubs native to Europe, Asia, and some parts of North America. Antioxidant, reduce fever, reduce swelling, antiseptic, and immune boosting properties. Primary medicinal property is salicylate.

**Botanical/Herbal Medicines & Supplements Safety**

Botanical medicines are an excellent option for helping manage pain and inflammation but they do have the potential to interfere with medications and create problems with their misuse. My recommendation is to include your health care providers awareness and acknowledgement of your interest and use of any botanical medicines, supplements, tinctures or tonics. This will ensure the safest and most effective outcome for your health.

**Botanical/Herbal Medicines & Supplements Quality**

Botanical medicines and supplements are wonderful resources for managing pain and inflammation but unfortunately, the growth and manufacturing of these plants and products from around the world are not uniformly regulated and are subject to fraud, contamination and misrepresentation. Seek a credentialed health professional with experience in working with natural medicines and nutritional products to ensure you are obtaining quality products.

*Dr. Lynn Shumake combines 40 years of pharmacy, custom medications, herbal/botanical medicines and nutritional supplements experience in his work with Lyme patients.*

*Dr. Shumake is a three times Lyme survivor.*