Let's Talk About Inflammation

Inflammation gets a bad reputation — but the truth is, it's one of your body's most important helpers. It's actually part of how you heal.

Whenever you pick up an injury, an infection, or come into contact with something irritating, your body springs into action. White blood cells (your built-in defence team) and other helpful substances rush to the affected spot to fight off anything harmful and start repairing the damage. That whole rescue effort is what we call inflammation.

> **In plain terms:** *Inflammation is your body's natural first-aid response. The redness, warmth or swelling you notice is simply a sign that your body has sent help to where it's needed.*

As uncomfortable — and yes, as painful — as it can be, inflammation is an essential step on the road to feeling better. The tricky part is that most of us reach straight for painkillers, when what our body really needs is a little help to *speed up* the healing instead.

Pain is simply your body's way of letting you know something still needs attention — so why silence that message? It's a bit like a road sign warning of a bump ahead. You wouldn't ignore it, would you? This is exactly where the Oska Pulse comes in.

When cells are damaged, they need the right environment to rebuild healthy new tissue. Think of it like your garden: sometimes it just needs a little fertiliser to flourish. In much the same way, your body's cells sometimes need a helping hand — especially during that inflammatory phase — and that's precisely what the Oska Pulse is designed to provide.

You can find out more about the Oska Pulse at **www.oskapulse.au**,
or feel free to call us on **1300 764 117**.

This document is for informational purposes only. It is not intended to be a substitute for professional medical advice, examination, diagnosis or treatment. The Oska Pulse does not purport to treat, cure or prevent disease. Please do not change or stop any current medication without first consulting your doctor.

With warm regards,
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