

Inflammation Workshop

How Inflammation Begins in the Body...

Acute inflammation helps us heal, but chronic inflammation can harm us.

Chronic inflammation means the immune system is working overtime and may not know when to stop. In chronic inflammation, the overload of certain cells and proteins can damage the body's cells and tissues and change the way they function. Inflammation can even produce extra heat in and around our cells. These changes can make you more likely to get sick. Chronic inflammation can be limited to a certain part of the body, such as your mouth if your teeth are in poor condition. Chronic inflammation also can affect your whole body if you have a condition that affects your whole body, such as obesity.

No matter how it starts, chronic inflammation can lead to many kinds of health problems, including heart disease, diabetes, and cancer.

Top Anti-Inflammatory Foods

- Turmeric
- Ginger
- Wild salmon
- Grass-fed beef
- Unfiltered olive oil
- Cruciferous vegetables
- Sweet potatoes
- Blueberries
- Garlic

Top Inflammatory Foods

- Sugar and high carb foods (processed foods, white flour, refined grains)
- Refined cooking oils (soy, corn, canola, vegetable oil, cottonseed oil)
- Trans-fats
- Synthetic sweeteners
- Gluten
- Alcohol
- Commercial dairy
- Commercial meat/processed meats
- Nightshades

High Inflammatory Diet

High sugar, GI/GL
Processed foods
Trans-fat rich
High heat cooking
Low in color
High in allergen foods

Causes of Inflammation

Mental/emotional stress/PTSD
Trauma
Over-exercise
Insulin resistance
Poor diet
Obesity
Smoking
Gut permeability and microbiota imbalance
Low grade food allergies /sensitivities
Infection
Long term exposure to toxins

Other Ways to Ease Inflammation

Eat real food
Support gut – probiotics
Ease Stress
Maintain healthy weight and insulin levels
Manage hormone levels
Brush and floss more
Cut out inflammatory foods
Become aware of environmental/synthetic chemicals/cleaning products/cosmetics/fragrances (airborne and absorbed through the skin)