INFLAMMATION BASICS

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INFLAMMATION: WHɑT IS IT?

ACUTE

➢ Good, alerts the body
➢ Minutes to hours
➢ Hurts

CHRONIC (SILENT) INFLAMMATION

➢ body is unable to overcome effects of the injuring agent
➢ Kills
■ Wellness > silent inflammation > chronic disease
➢ Inflammation is at the heart of <u>every</u> major disease
■ Linked to Rheumatoid arthritis, Heart Attacks, Cancer, Autoimmune, Periodontal disease, Diabetes, Cardiovascular disease. Stroke. Dementia, Parkinson's, Alzheimer's
■ Chronic pain
➢ Symptoms
■ fatigue, weight gain, aches, mental fog, loss of libido, bloating, irregularity, headache, runny nose, difficulty breathing and sleeping

FOODS CAN HELP <u>heal</u> US!

★ Standard American Diet (SAD) has riddled us with weight, toxicity and disease
  ○ Midwesterners: Obesity and Chronic diseases (diabetes/ heart disease)

★ 75% of medical costs in the US spent on treatment of diseases & disabilities resulting from potentially changeable behavior
★ Can use natural healing power of food to rejuvenate yourself from inside out.
★ No amount of working out will get you the body you want if you're eating and nutrition is off

INFLAMMATORY FOODS

★ Trigger foods to avoid
  ○ Gluten, dairy, soy, corn, sugar, alcohol, caffeine, processed foods
  ○ **nightshade**   vegetables

Nightshades

Potatoes

Eggplants

Paprika

Tomatoes

Peppers
[Sweet and Hot]

BEST ANTI-INFLAMMATORY FOODS

★ Foods that agree with you!
  ○ Intuition
  ○ Food allergy test
★ Goal is to reduce or minimize those dietary components that trigger inflammation while increasing the intake of beneficial nutrients

  ○ **Turmeric, ginger, garlic, blueberries, salmon, VEGGIES, bone broth**

NON-FOOD TACTICS TO FIGHT INFLAMMATION

★ It's not just about food, or exercise
  ○ it's about your entire life.
  ○ Stress, relationships, social connection, spirituality
★ Self-love
  ○ give up guilt and shame
  ○ think research instead
★ Power of positivity
★ Stress management
★ Social connection
★ Breathing, meditation (finding stillness)