

### Keep inflammation in check

Inflammation is like a fire in your body you cannot see or feel. "It's a smoldering process that injures your tissues, joints, and blood vessels, and you often do not notice it until significant damage is done," says Dr. Andrew Luster, of the Center for Immunology and Inflammatory Diseases at Harvard-affiliated Massachusetts General Hospital.

### Good versus evil

There are two types of inflammation

**Acute** This is the redness, heat, and swelling around tissues and joints that happens when you cut your finger or bang your knee.

How your body fights invaders that may cause infection, as well as being

A part of the healing process

**Chronic** A chronic low-grade inflammation can turn into a silent killer that contributes to cardiovascular disease, cancer, type 2 diabetes and other conditions

The same reaction as in acute inflammation takes place, except now the flame persists.

White blood cells flood the problem area and end up attacking nearby healthy tissues and organs.

### Reduce inflammation through behaviour

**Losing** Especially around the belly extra pounds

**Fighting** Step up your oral hygiene gum disease

**Treating** Get your levels tested, and high speak with your doctor about cholest- taking statins to keep lipids terol under control if they are deemed too high.

**Quitting** Specifically, the toxins from smoking have a direct link to inflammation.

### Alter your diet - cut out

Soda

Candy

Anything that contains high-fructose corn syrup

White bread

Pasta

Bagels

White flour

Waffles

Pastries

Breakfast cereals

White rice

Pizza

Cookies

Cakes

Ice cream

Milk chocolate / White chocolate

### Effects of chronic inflammation

Arthritis

Heart disease

Type 2 Diabetes

Injures tissues, joints, and blood vessels

Stroke

Alzheimer's disease

Cancers

Autoimmune diseases

Neurodegenerative conditions

Heart and metabolic diseases

Memory impairments (destroying synapses)

Rheumatoid arthritis

Depression

Inflammatory bowel disease

Dementia

Inflammation can travel throughout the body and cause problems all over

### Alter your diet - add in

Whole carbs

- Vegetables

- Legumes

- Potato's (not fried)

- Whole grains

- Oats

- Beans

Foods high in polyphenols

- Berries (all types)

- Tumeric

- Onion

- Red grapes

- Green tea

- Cherries

- Plums



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Page 1 of 2.

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### Alter your diet - add in (cont)

- Spinach
- Kale
- Collards

You want to add foods rich in the antioxidants known as polyphenols. Studies have shown that these antioxidants have many anti-inflammatory properties.

### Causes of chronic inflammation

Being overweight, Means more visceral fat cells - fat that builds up in your abdomen & surrounds organs—the immune system sees those fat cells as a threat and pumps out more white blood cells

Abdominal fat produces pro-inflammatory chemicals

Not sleeping enough elevates inflammation

Smoking

Chronic stress

Too much exercise can provoke inflammatory response

Gum disease. If gums bleed when brush or floss, that's inflammation

High cholesterol



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