

## Inflammation: The Hidden cause of Disease, Aging, and Weight gain

For many years we were under the impression that micro-organisms were at the root of most diseases, and eating too much food was the main factor in weight gain. But now, scientific advances have allowed us to understand the body better, leading to some very interesting information on the mechanism behind disease. Do you want to slow down the aging process? Do you want to stop the progression of disease? Would you like to stop your body from continually putting on pounds like an eager storage bank? If your answers are yes, then you will need to understand the process of inflammation in the body and how to stop it.

When we think of inflammation we tend to think about an injury with the resulting heat, redness and pain. Or perhaps you have experienced the heat and pain of a bad sore throat, or a swollen arthritic joint. But what you may not realize is that inflammation happens throughout your body. Inflammation is a tactic of your immune system to fight invaders, clean up toxic messes, and control allergens. A small amount of appropriate inflammation is good and helpful in the body. However modern diet, stress, and lack of exercise, to name a few, are creating a fire within that is destroying your health. For example, we now understand that the body creates an inflammatory reaction in the artery walls that triggers high blood pressure and plaque build-up. Are you overweight? Fat cells produce inflammatory molecules that trigger inflammation in the body, slow the metabolism, and contribute to weight gain. Aging is accelerated by the process of inflammation. In fact every known disease is tied into the process of inflammation.

### What triggers inflammation?

- Too much stress
- Too much sugar and processed foods
- Too many trans fats (like in fried foods), not enough good fats (like omega 3 oils)
- Exposure to toxins and chemicals
- Being overweight: excess fat creates inflammation which in turns makes you gain more weight!
- Too little exercise
- Allergens
- Infections and injuries

### Putting out the fire...

*In order to stop the progression of inflammation in the body, we must change the way we eat, control and reduce our stress, and increase and improve our exercise programs.* We can start by eating more foods that reduce inflammation; these foods are high in something called phyto nutrients. Foods that are high in phytonutrients have antioxidant and anti-inflammatory properties. These phytonutrients are the chemicals that plants use to fight disease, when we eat the plants that contain them; they help us fight disease too. The best known phyto are carotenoids, flavonoids, and isoflavones. Think of the yellow, orange, and red pigment in fruits and vegetables, as well as the dark, green, leafy vegetables. Also, the reddish pigments, found in red grape skins, or berries. Isoflavones are found in peanuts, lentils, soy, and other legumes. Some other high anti-inflammatory foods would be capsicum ( from cayenne pepper), ginger, turmeric, green tea and cocoa.

We need five to nine (1/2 cup) servings of these fruits and vegetables a day to help prevent and control inflammation. If however, your body is already highly inflamed, then you may need even more.

### Supplements that can help...

Dietary supplements *are essential* for controlling inflammation in the body. You simply can't get enough of the needed phyto-nutrients and antioxidants needed from diet alone. Supplements make up for days you don't eat as well, and cover for a lack of nutrients in today's food supply. Here are some great supplement ideas:

Take a multiple vitamin and mineral formula daily to cover all the basics. NSP has a great multiple called Super Supplemental Vitamin and Mineral (with or with out iron).

Thai-go is a blend of the most healthful fruits and nutritional supplements from all over the world. Thai-Go is full of phytonutrients and powerful antioxidants. It's a liquid form with a great taste, take 1 ounce, once or twice daily. Ingredients: mangosteen, wolfberry, sea buckthorn, red grapes, grape seeds, grape skins, raspberries, blueberries, apple extract and green tea. (stock # 4095-1 twin pack)

**I like to start my day with a high quality anti-inflammatory cocktail or smoothie.** Mix the following: 1 ounce Thai-go, 3 ounces of a natural fruit juice, 1 Tablespoon of Nature's Three fiber and 4 ounces of water. Shake it well, and drink it about a half hour before breakfast. Turn it into a breakfast smoothie by mixing it in the blender with soy milk, yogurt, or a protein drink, you can add a ½ cup of frozen berries in place of the juice. You can find these natural fruit juices in the produce section of good grocery stores, or at your health food stores. They are basically fruits and veggies that have been run extracted by the juicing process, many of them contain fiber. They taste just like fresh fruits and are very high in antioxidant properties. Now be cautious, they taste so good you will want to drink a full glass of them, but they have a good amount of natural carbohydrates and sugars so just a few ounces at a time added to the Thai-go is perfect.

**Nature's GreenZone** – This wonderful combination of wholesome plant sources provides the body with complete whole grain nutrition, balanced protein, and a complete supply of vitamins and minerals from plant sources. This easy to absorb form helps to alkalize the blood to counter the effects of poor diet, and provide trace minerals which are missing from our farm raised produce. The formula is high in phyto-nutrients from plants providing strong antioxidant protection. A simply excellent supplement to rebuild the health of the body! Ultimate GreenZone is a complete vitamin and mineral supplement from plant forms. Ingredients: Amaranth, spirulina, flax seed, millet, chicory root, lecithin, licorice, barley grass, acerola fruit, horsetail, fructooligosaccharides, lemon bio-flavonoids, carrot, papaya, Vitamin c, broccoli, Vitamin E, octacosanol, pineapple extract, milk thistle, pau d' arco. (#1099-1 capsules) (#1098-3 powder)

**Essential Fatty acids** lower the levels of inflammation in the body. Make sure to include some of these fish such as sardines, herring, mackerel, salmon, and anchovies into your diet. In addition, take an Omega 3 oil supplement or Flaxseed oil daily. Add ground flax seeds to your diet for fiber and EFA's, you can mix them in your fiber drink, yogurt or cereals.

**Super Omega 3 (#1515-7), Flax seed oil capsules (#1583-6) Flax seed oil liquid (#3162-1)**

**Liquid Chlorophyll** (#1683-7) If you haven't tried this green wonder drink, you are really missing out! Chlorophyll is responsible for a plants green color. It helps to purify the blood and act as a rejuvenate tonic. Its fresh taste is a perfect thirst quencher on hot days, and kids love it as well. Chlorophyll is a good source potassium, calcium, zinc, copper, beta carotene, B vitamins and trace minerals. It is well known for building the blood, and improving iron uptake by the cells. It strengthens the immune system, protects against cancer, and has antibacterial action. Chlorophyll also helps decrease cravings for sweets. A wonderful green food, with a light wintergreen flavor. A healthy choice, that the whole family can drink. Place 1 Tablespoon in 1 quart water, adjust the dose to taste. Keep refrigerated.

**Adaptogen herb formulas provide** herbs that help our body to better respond and adapt to stress. By doing this, these formulas help to lower inflammation in the body. Adaptogen herbs also tend to be high in antioxidant and immune strengthening properties. A good formula to consider for supporting high stress is:

**AdaptaMax** (#872-9) is an exclusive combination that combines powerful adaptogens with other nutrient-rich, immune-supporting herbs for a complete, energizing formula. AdaptaMax's adaptogenic strength comes from Rhodiola rosea, Eleutherococcus senticosus, Korean ginseng, ashwaganda, rosemary, Gynostemma pentaphyllum and schizandra. Together these herbs help the body cope with a variety of stressful conditions, including stress on the immune system, fatigue and aging. They fight oxidative cellular damage, energize the body, support positive mood and stimulate the immune system. Other ingredients in this formula include astragalus, reishi mushroom, suma and Ginkgo biloba concentrate—to fortify the immune system and help protect the body from the consequences of stress. Alfalfa, kelp, chromium and a fruit and vegetable base provide additional nutrients to nourish the body's cells.

**Energ-V** We could all use some extra energy to help us through our busy days. Energ-V is a great formula to promote energy and support stress, with no harsh stimulants! This formula starts by combining barley grass, bee pollen, and kelp all great sources of energy creating nutrients and phytonutrients. They have added capsicum to improve circulation, gota kola a natural brain food, and licorice and ginseng to combat stress and provide energy creating B-vitamins. Rose hips were added to provide a natural source of Vitamin C, and the herb yellow dock to help build the blood. (#875-8)

## Some Steps to help reduce inflammation...

- **Avoid over eating**, this creates too much stress on the digestive system and creates something called oxidative stress, think of a factory in high production and all the “exhaust fumes” coming from the chimneys. These exhaust fumes are the wastes products of the digestive process, too much of which, can damage the metabolism.
- **Reduce your exposure to toxins** in your environment. Switch to natural eco-friendly cleaning products. I really like the **Sunshine Concentrate** cleaner from NSP (#1551-6) it is great for washing the dishes and as a general cleaner. I add 10 drops of Tea Tree oil, lemon, and lavender essential oils to every quart to add anti-bacterial properties to the solution.
- **Reduce air pollution exposure**; every home should have good quality air purifiers in them, and in your workplace. If you can't control the environment where you work, consider a small filter for your office or one that you wear as you work. **Improve your water quality** with a good water filter. If you need help with locating these just let me know.
- **Take supplements that provide phytonutrients and antioxidants** (see above suggestions)
- **Improve your diet to include more anti-inflammatory foods** (see above).
- **Regular exercise** is one of the best things you can do to prevent inflammation in the body. Exercise fights depression and stress by activating the feel good hormones serotonin and norepinephrine. Moderate exercise at least three hours before bedtime can help you relax and sleep better at night. Exercise helps you achieve or maintain a healthy weight by burning calories (remember excess fat = excess inflammation). It helps insulin work better reducing blood sugar by increasing your sensitivity to insulin. Reducing excess insulin also lowers inflammation in the body. Exercise will not only improve your weight loss program, it is essential to good health and longevity. So make a commitment to yourself to find a way to incorporate movement and exercise into your daily lifestyle!
- **Reduce and control your stress levels.** If you can't change a stressful situation learn ways to deal with it better and use relaxation techniques to help remove the stress from your body, don't carry it with you! Take supplements that contain adaptogen herbs to help you deal with stress better and reduce inflammation.
- **Consider the possibility of a low grade infection that have never been dealt with.** If you are constantly getting colds or sinus congestion or have a weak immune system, you may have an infection that is triggering chronic inflammation in the body. A hidden yeast infection or parasite could also be the culprit. Talk about it this with your Natural Health Consultant. Consider the possibility of a **parasite cleanse** or the use of **Colloidal silver** for low grade hidden infections.
- **Make sure you are digesting your food properly.** Hidden food sensitivities or allergies are a major contributor to inflammation. If you suffer from gas, bloating, heartburn, irritable bowel, or constipation on a regular basis, then you are having trouble digesting some of your foods. To improve digestion, take a digestive enzyme with your meals. **Proactazyme Plus** (#1525-0) is an enzyme formula from plant sources that provides enzymes that help digest all food groups (except dairy). These enzymes help break down your food, so your body does not have to work so hard to do it. Not only does this help you get more nutrients out of your food, but it also slows down the aging process because it helps to improve your metabolic processes. Take 1-2 per meal If you know you have problems digesting Dairy products I would drastically reduce them, and use the enzyme formula **Lactase Plus** (#1655-2) when you do consume them. If you know you have a problem digesting fatty foods, or have had your gallbladder removed, take the enzyme formula **Hi-Lipase** (#1528-4) when you do consume fatty foods.

## Consider your Blood type to discover food sensitivities:

**Many people are unaware that your blood type has a lot to do with which foods you have trouble digesting, and which foods make you gain weight.**

Blood Type A: Does best as a vegetarian, has trouble digesting red meat and pork which slows their digestion and adds to weight gain. Dairy food, kidneys beans, lima beans and wheat also slow their metabolism down.

Blood Type B: This blood type is particularly prone to problems with low blood sugar. Foods that slow metabolism are corn, lentils, peanuts, sesame seeds, buck wheat and wheat.

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Blood Type AB: Avoid red meat, kidney beans, lima beans, corn, buckwheat

Blood Type O: Avoid wheat, corn, kidney beans, navy beans, lentils, cabbage, brussel sprouts, cauliflower, and mustard greens.

For more information on blood types read the book: [Eat Right for your Type](#), by Dr. Peter J. D'Adamo.

### **Is there a medical test to determine if I am inflamed?**

Yes, the **high sensitivity C-Reactive Protein test** is the best indicator of inflammation in the body. If you are concerned about aging, have degenerative diseases, or are overweight, ask your Doctor to run this test. Be sure and ask specifically for the *high sensitivity CRP*, which detects even the lowest levels of inflammation. The ideal range for CRP is less than 0.7 mg/dl. A high number on this test is positive for too much inflammation in the body. A normal range number means the fire is not out of control, but you could still be harboring a low grade infection or inflammation in the body. This test is considered one of the best predictors for cardiovascular health or illness. This is especially helpful when combined with cholesterol tests. The more inflammation in your arteries, the more unstable your cholesterol plaques on the artery walls. When these plaques become unstable, they rupture and can cause a blood clot, triggering heart attacks or stroke. This is the main reason for wanting to keep inflammation under control in your body.

In the scope of this newsletter I can only touch on the subject of inflammation, but it is so important I wanted to draw your attention to it. I can recommend two great books to help you learn more...

[Ultra-Metabolism](#) by Mark Hyman, MD (focus on the weight loss/inflammation connection)

[Stop Inflammation Now!](#) By Richard M. Fleming, MD (focus on the heart disease/inflammation connection)

***Blessings and Health to you and your loved ones!***

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