

# INFLAMMATION

Anytime you've suffered from a health concern ending in "itis" – for example, sinusitis, dermatitis, tendonitis, arthritis – you've experienced inflammation.

Some degree of inflammation is a necessary process in the body. However, if it's not controlled, persistent inflammation leads to destruction of the body's tissues and eventually to disease. Chronic or persistent inflammation takes a heavy toll on the body and has become recognized as the root cause of most diseases associated with aging. Current medical research has shown that inflammation is a major cause of cancer, heart disease, obesity, osteoporosis, Alzheimer's disease, autoimmune disease, diabetes, stroke and the list goes on and on...

## What Causes Inflammation?

1. **Stress and Depression:** There is a strong link between our emotions and inflammation.

2. **Environmental Toxicity, liver toxicity and fatty liver:** Poor liver function makes it more difficult for the body to dispose of waste products, which can spark inflammation.

3. **Overweight and Obesity:** Carrying extra weight, particularly fat around the waistline, is a major cause of inflammation. Chronic inflammation and being overweight cause adult-onset diabetes, high blood pressure and high cholesterol.

4. **Unhealthy Food Choices:** Over-eating unhealthy protein, refined carbohydrates, saturated fats and processed foods contributes to inflammation. Research shows that overweight people can reduce the inflammation in their bodies within just one week of eating more nutritious foods.

5. **Lack of Exercise:** Exercise increases the body's own natural production of anti-inflammatory compounds.

6. **Poor Digestive Health:** The digestive tract is highly susceptible to initiating inflammation.

7. **Immune Imbalance:** Inflammation is a symptom of an over-reactive immune system, which can result in allergies or autoimmune disease.

8. **Nutrient Deficiency:** Many nutrients act as antioxidants in the body and therefore deficiencies of these nutrients (such as Vitamin D) can promote inflammation.

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