

INFLAMMATION

Inflammation is our body’s normal and healthy response to injury or attack on the immune system. Inflammation on the surface of the body is commonly described as heat, redness, swelling, and pain. Chronic, low-level inflammation at the cellular level – known as the “silent killer” – develops without pain and can lead to obesity, diabetes, cancer, and heart disease.



CAUSES OF INFLAMMATION:

DIET	ENVIRONMENTAL FACTORS	STRESS	PHYSICAL INJURY	ACUTE AND CHRONIC ILLNESS	GENETICS
<ul style="list-style-type: none"> • Trans-fats • Omega-6 fatty acids • Refined sugar • Casein • Gluten • Refined grains • Alcohol • Food additives • Red meat • Dairy 	<ul style="list-style-type: none"> • Secondhand smoke • Pollution • Pesticides/ herbicides • Heavy metals • Chemicals and airborne irritants 	<ul style="list-style-type: none"> • Workplace • Relationships • Personal • Psychological 	<ul style="list-style-type: none"> • Trauma • Infections • Fractures • Cuts • Abrasions 	<ul style="list-style-type: none"> • Excess weight/ Obesity • Heart disease • Lupus • Arthritis • Celiac disease • Crohn’s disease 	<ul style="list-style-type: none"> • Family history

PREVENT AND REDUCE INFLAMMATION

Reducing exposure to the above factors can help to reverse inflammation.



EAT MORE ANTI-INFLAMMATORY FOODS, SUCH AS:

blueberries, dark chocolate, green tea, wild-caught salmon, ginger, turmeric, extra virgin olive oil dark, leafy greens, sweet potatoes, kelp

Exercising 3-5 days per week, for at least 30 minutes per session, helps reduce excess weight, the likelihood of chronic illness, and builds overall wellness. Additionally, exercise—including yoga and meditation—promotes mental clarity and reduces stress.

Excerpted from Andrew Weil’s *Reducing Whole Body Inflammation*
Mark Hyman’s *UltraWellness Lesson 2: Inflammation & Immune Balance*