

# 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
Trans-fats Omega-6 fatty acids Refined sugar Casein Gluten Refined grains Alcohol Food additives Red meat Dairy	Secondhand smoke Pollution Pesticides/Herbicides Heavy metals Chemicals and airborne irritants	Workplace Relationships Personal Psychological	Trauma Infections Fractures Cuts Abrasions	Excess weight/Obesity Heart disease Lupus Arthritis Celiac disease Crohn's disease	Family history

## PREVENT AND REDUCE INFLAMMATION

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

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 stress reduction.

## EAT MORE ANTI-INFLAMMATORY FOODS, SUCH AS:

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

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