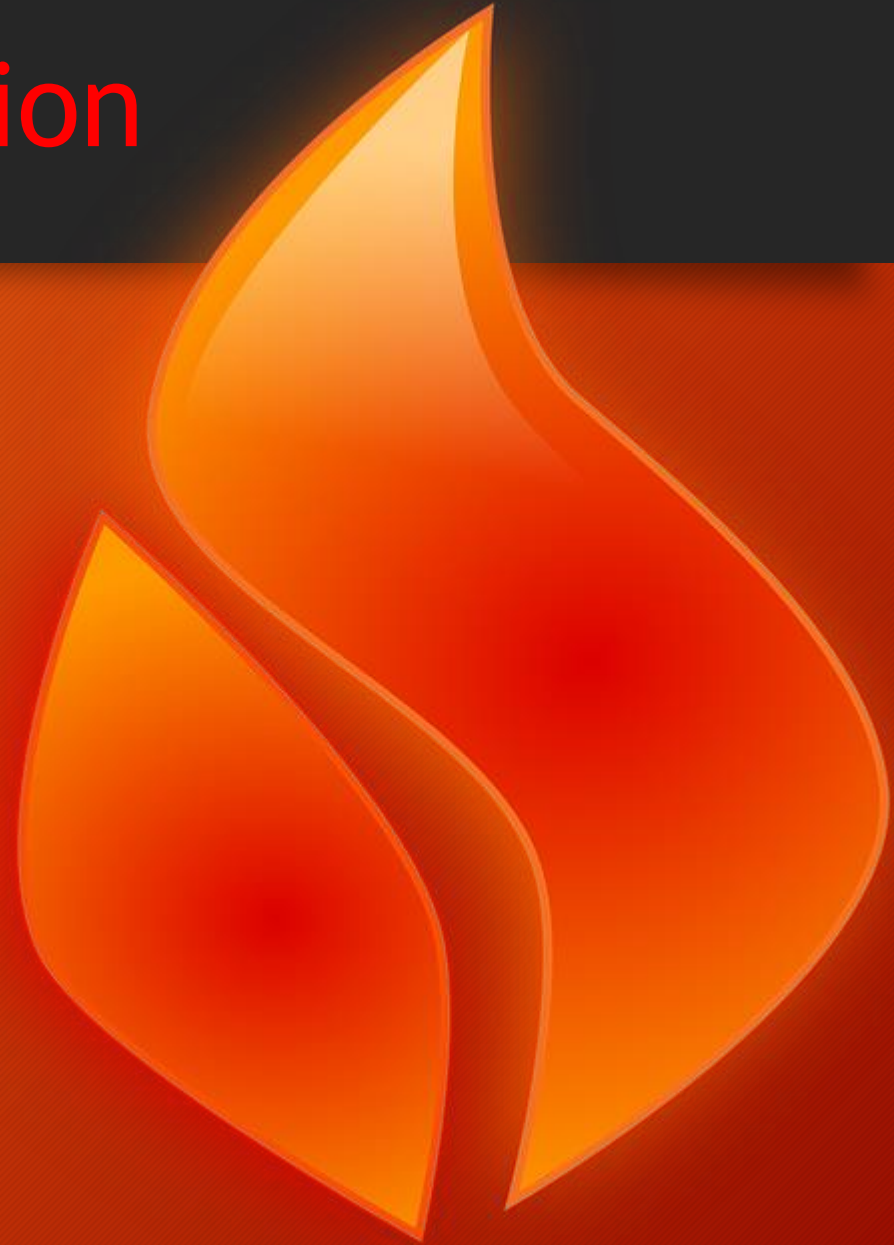


# Inflammation



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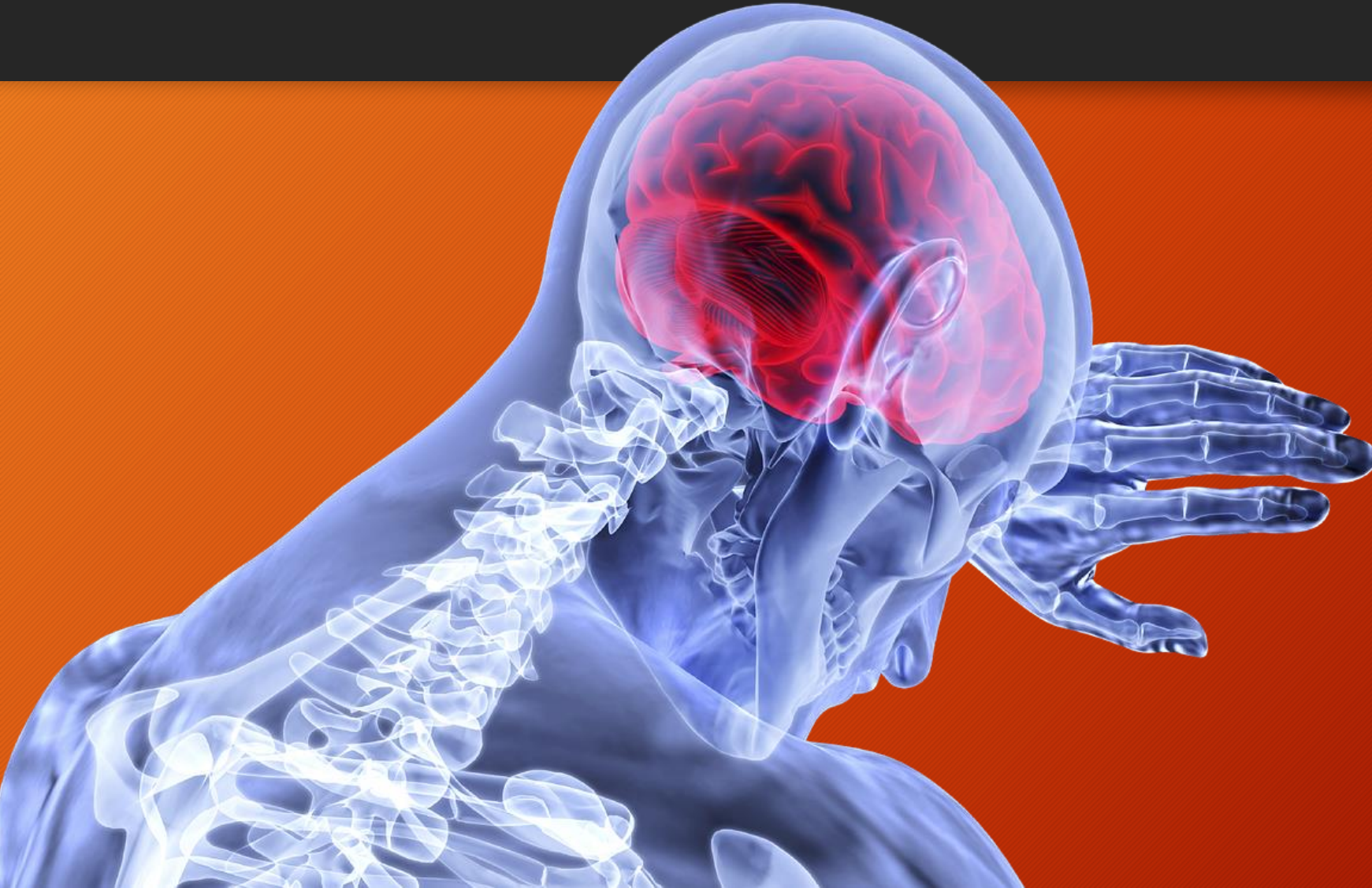
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# Inflammation



Inflammation has been found to be associated with just about every health condition imaginable.

# It's not your Fault!

“Obesity is the greatest source of inflammation and is the common factor between cancer, heart disease, stroke and Alzheimer's disease” Dr Joseph Maroon

We need to do something about it, but I want you to know that in most cases, it's not your fault!

You have been lied to for many years. What you believe is helping you is actually doing you harm. Listen carefully and take note of what's being said here and let's work together to bring you into that healthy place.



Modern Medicine concentrates on the symptoms... or the leaves of the tree (condition)

# Inflammation

Natural medicine, Naturopaths, Naturopathic Nutritionists etc. endeavour to fix the root cause



We have what is referred to as:

## Two Types of Inflammation

### 1. Good Inflammation

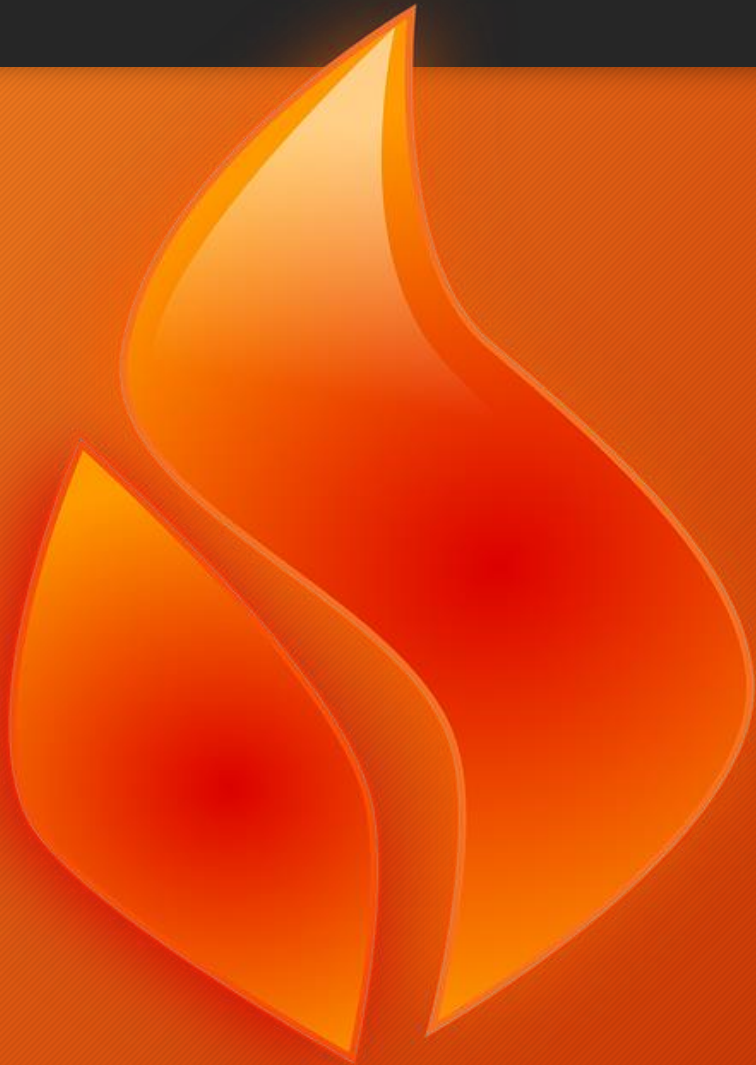
### 2. Bad Inflammation

**Good** for example, is when we bruise ourselves and the fluid and blood rushes in to create a swollen purple area.

- This is called 'inflammation'. The area is inflamed. As the healing takes place the inflamed area returns to normal. We want this to happen to help us.

**Bad** inflammation hides itself.

- It can come about by smoking; not exercising enough; consuming too much sugar or any bad habits such as eating an unhealthy diet etc. This is referred to as 'chronic' inflammation and we do not want this to happen... not at all. It is a hidden type as we cannot 'see' it.



## A small sample of what could be related to bad 'chronic' inflammation:

- Asthma
- Arthritis
- Crohn's disease
- Alzheimer's disease
- Cancer
- Cardiovascular disease
- Diabetes
- High blood pressure
- High cholesterol levels
- Parkinson's disease



Chronic Inflammation can be anywhere,  
Wrecking havoc throughout the body!

# Cure rather than Cover

We can take all kinds of medications for these conditions, which may be necessary in the short term... but long term, why not work on the root cause and reduce the inflammation from happening in the first place?



Heart disease is caused by inflammation of the arteries

Arthritis is caused by inflammation of the joints





# Foods that cause inflammation



# Foods that put out the fire

ANTI-INFLAMMATORY		INFLAMMATORY	
 NUTS	 AVOCADO	 GLUTEN	 CASEIN
 SPINACH	 TART CHERRIES	 SAFFLOWER, SUNFLOWER, SOY, CORN	 PROCESSED MEATS
 OLIVE OIL	 ORANGE VEGETABLES & FRUITS	 FRIED FOOD	 MEAT & DAIRY
 PINEAPPLE	 TURMERIC, GINGER, ONIONS, AND GARLIC	 SYRUP AND SOFTDRINK	 FAST FOODS

# Elimination Diet anyone?



It can be very wise to go on an Elimination Diet for a period of time to ascertain if your body is reacting to certain foods.

Many, many people feel so much better just by cutting gluten out of their diet. Dairy is another one, or any of these inflammatory foods.

Why not decide to eliminate gluten for a couple of weeks and see if there is a difference? This would also mean the elimination of fast foods as just about all are based on wheat.

What I'm trying to convey here in simple terms is that you begin to listen to your body. What is it telling you? You will feel better and have more energy if you stop eating many of these foods.

# OK, I can see how inflammation is related to various diseases, but how does it relate to being overweight or obese?

We are born with a certain amount of fat cells in our body. They are there to provide us with energy if things get tough and we have nothing to eat.

If we eat in excess, the fat cells will increase in size (think of a rubber balloon which can contain little or much air/water) up until we have put on about 7-8 kilo.

After that time, if we continue to eat in excess, our body makes new fat cells which as they reach their maximum size, simply makes more of them.

Upon losing the excess fat, the cells shrink but never go away.

Extra fat cells produce inflammation as they increase in size.

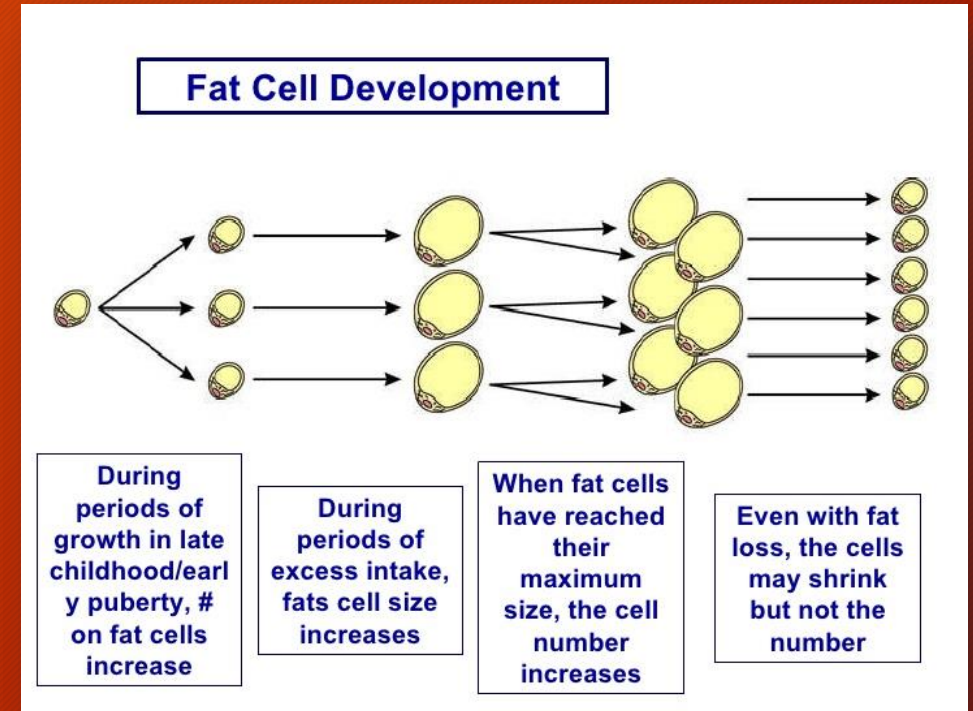


Image: thanyapura.com

So it all comes back to a  
good healthy diet

“Every time you  
eat or drink,  
you are either  
feeding disease  
or  
fighting it.”

~ Heather Morgan, MS, NLC

