



Causes of Chronic inflammation

Strong evidence: poor nutrition, over nutrition, alterations in gut microbiome, intestinal permeability, excess or uncompensated free radical production, Immune dysfunction, trauma, excessive fat, inactivity, chronic stress, insomnia, chronic infection, smoking, AGEs (advanced glycation end products)- from certain cooking techniques, aging, toxins (organics, heavy metals, and mold), periodontal disease, abnormal histamine response- as in MCAS (mast cell activation syndrome).

Medium evidence- fast food, western diet, high omega 6/3 ratio, low fiber, fructose, glucose, high glycemic diet, air pollution.

Present but limited evidence: too much alcohol, meat-centered diet, sweetened drinks, EDCs (endocrine disrupting chemicals),

Others: Stress (physical and emotional), infection (bacteria, virus, parasites, yeast), food sensitivities, loneliness, social isolation, no meaningful purpose in life, lack of sleep, lack of exercise or too much exercise, relationship conflicts (especially women- become more inflamed), disruption in family, dental infections, autoimmunity, and lack of physical affection. Genetics may also play a role