

## Health and Wellness: Inflammation and You

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Acute inflammation is extremely helpful when your body is under assault from germs or due to an injury. This type of inflammation is actually the first step toward healing wherein white blood cells clean up once the invaders have been destroyed and blood supply is boosted in the damaged or injured area.



Chronic inflammation, on the other hand, is not helpful at all. When the state of inflammation as an immune response never shuts off, there is a constant production of immune cells which can produce permanent damage. Links have been established between chronic inflammation and numerous age-related lifespan-shortening disorders such as Alzheimer's disease, arthritis, autoimmune diseases, cardiovascular disease, some cancers, chronic obstructive pulmonary disease (COPD), depression, diabetes and neurological diseases. Summarized, "When we don't see the inflammation system switch off, we end up in a detrimental state," says Julie Daniluk R.H.N., author of *Meals That Heal Inflammation*.

Here's What You Need to Know About Inflammation:

- The more chronic inflammation you have, the faster your body ages;
- While there are variations between each person, some causes of inflammation include being overweight, breathing polluted air, experiencing a lot of stress and/or not sleeping enough;
- Many chronic health issues, which cause premature death and disability, are exacerbated by higher levels of inflammation;
- Think of the foods you eat as either encouraging or discouraging inflammation;
- The worst foods for inflammation are: alcohol, cheeseburgers, gluten, milk, MSG, Omega-6 fatty acids, sugar and trans fats;
- Anti-inflammatory foods should be the norm such as fruits, green tea, lean meat, the Mediterranean diet, mung beans, omega-3 fatty acids, spices (e.g., curry, ginger and turmeric), vegetables and whole grains;
- Keeping inflammation at bay and hopefully away naturally is entirely possible with increased education and tenacity; and
- Hope is on the horizon since scientists recently discovered a particular switch (known as HMGB1 or the cytokine switch) which, for the first time, is thought to calm chronic inflammation and promote successful aging by controlling the suspect levels.

You are encouraged to read and learn more about this topic for everyone in your family. Please take some time to learn more about this important topic. Here are some links to get you started:

(1) [http://www.lef.org/magazine/mag2014/jan2014\\_Turn-Off-the-Cytokine-Switch\\_01.htm](http://www.lef.org/magazine/mag2014/jan2014_Turn-Off-the-Cytokine-Switch_01.htm)

(2) <http://www.webmd.com/food-recipes/features/anti-inflammatory-diet-road-to-good-health?page=2>

(3) <http://health.clevelandclinic.org/2012/06/foods-that-fight-inflammation-and-why-you-need-them/>

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