



Acute vs. Chronic Inflammation

Acute inflammation occurs when the immune system responds to infection or injury by activating inflammatory chemicals that combat foreign substances; this is beneficial for the body whereas chronic inflammation is not.

Often resulting from lifestyle factors like stress and/or poor diet, chronic inflammation occurs when the immune system continually releases those inflammatory chemicals, even when there are no foreign invaders to fight off. By working to reduce chronic inflammation, you may be able to protect yourself against a number of conditions shown to be inflammation-related, including:

- Heart disease
- Cancer
- Diabetes
- Stroke
- Alzheimer's disease
- Asthma
- Irritable bowel syndrome

Here are several approaches to reducing inflammation:

Omega-3 Fatty Acids

Maintaining a diet that is high in omega-3 fatty acids (naturally available in foods like fish oil and flaxseed oil) and low in certain omega-6 fatty acids found in foods like red meat and dairy products may help lower inflammation and guard against diseases like breast cancer, rheumatoid arthritis, heart disease, and asthma, according to a research review published in 2002. Shown to thwart the production of pro-inflammatory substances, omega-3 fatty acids are also available in a supplement form.

Herbs

Preliminary research indicates that some herbs may help reduce inflammation. In an animal study published in 2007, for instance, scientists discovered that curcumin (a compound found in the curry spice turmeric) can overpower pro-inflammatory proteins called cytokines.

Fresh or dried turmeric and ginger can be used in cooking. If you're considering the use of any type of herbal supplement in your efforts to reduce inflammation, make sure to consult your physician before starting your supplement regimen.

Yoga

People who regularly do yoga may have reduced levels of interleukin-6 (a marker of inflammation), according to a 2010 study of 50 women. Analyzing blood samples from the participants, researchers observed that those who do yoga had 41% lower levels of interleukin-6 than those who do not do yoga.

Diet

Following a healthy diet that focuses on anti-inflammatory foods is also considered essential to reducing inflammation.

Lifestyle

Making healthy changes to your lifestyle should be your first step to reducing inflammation. The following approaches may have an inflammation-reducing effect:

- Managing stress (possibly with the assistance of mind-body practices like meditation and tai chi)
- Avoiding smoking
- Limiting alcohol intake
- Exercising regularly
- Getting proper sleep

A word from The Del Norte Healthcare District

Be sure to consult with your physician before modifying your lifestyle to any of the tips specified in this newsletter.

Sincerely,

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Source:

https://www.verywellhealth.com/natural-inflammation-remedies-89284?hid=78dd77607d36c4207b2efd7ca0c7afde855e75e3&did=11404011-20231221&utm_source=verywellhealth&utm_medium=email&utm_campaign=verywell-health-today_newsletter&utm_content=122123&lctg=78dd77607d36c4207b2efd7ca0c7afde855e75e3



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