Reduce Inflammation Naturally

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Chronic inflammation is thought to be the root of all modern illness

- Cancer
- Diabetes
- Obesity
- IBS/IBD
- Arthritis
- Heart Disease
- Asthma
- Depression
- Alzheimer's/Dementia

What is Inflammation?

- In a healthy person inflammation happens as a response to injury- a cut, bruise, virus or bacterial infection.
 - Redness
 - Swelling
 - Fever/Heat
- This inflammation is short-term, it can last an hour to a couple days.

What is Inflammation?

- If the body is constantly suffering from injuries the inflammation cascade can continue without end, becoming chronic.
- In chronic inflammation the immune system is responding to benign molecules as if they were pathogens. This is usually a low-grade response that doesn't produce symptoms.
- Symptoms occur over time, and usually when the low-grade immune response has damaged tissue, Ex. In atherosclerosis and heart attack.

What Causes Chronic Inflammation?

Food allergies

Poor Diet

Elevated Blood Glucose

Stress

Lack of Sleep

Environmental Toxins

Nutrient Deficiencies

Lack of Exercise

Can we test for it?

There is currently no test specifically to diagnose inflammation. The following are good indicators of chronic inflammation when elevated:

- CRP- C-reactive protein
- Fasting Blood Insulin
- HDL Cholesterol
- Ferritin
- Homocystine
- Reduced White Blood Cells
 - Elevated monocytes and basophils
- Secratory IgA

Lifestyle Changes

- Anti-Inflammatory Diet
- Adequate Sleep
- Exercise
- Reduce Environmental Toxins
- Anti-Inflammatory Supplements

Dietary Stressors

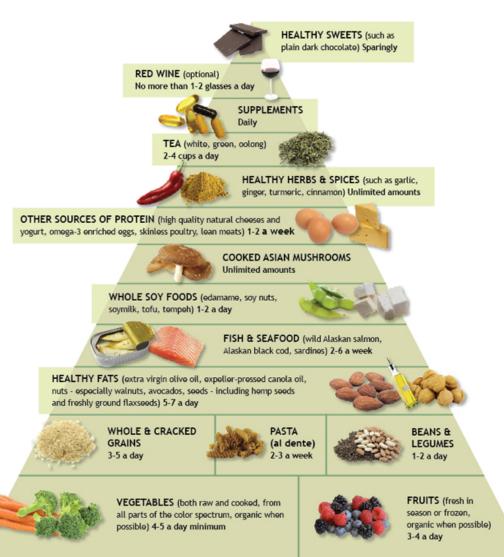
- Food Allergens- most common are:
 - Gluten
 - Dairy
 - Soy
 - Elimination diet can find others
- Sugar
- Artificial colorings and flavorings
- Pesticides/Herbicides
- Hormones and antibiotics from animals.
- GMO Foods
- Nightshade vegetables: tomatoes, potatoes, peppers and eggplant

Anti-Inflammatory Diet

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Eat More:	Moderate:	Avoid:
Wild Caught Fish (salmon,	Large fish (tuna, bass,	Farm raised fish
anchovies, haddock, tilapia,	swordfish)	
sardines, sole, crab		Trans fats, hydrogenated and
	Vegetable oils (safflower, soy,	partially hydrogenated oils
Healthy Fats (avocado, raw	corn, cottonseed)	(margarine, commercially fried
nuts, seeds, nut butters)		foods)
	Whole Grains (quinoa, wild	
Healthy Oils (olive oil, coconut	rice, basmati rice, barley)	Refined grains (white flour,
oil, grass fed butter)		white rice)
	Alcohol	
Fresh Vegetables		Feedlot Raised Meat
	Organic Meat (look for the	
Sea Vegetables (kelp,	terms "grass fed", "pasture	Artificial Sweeteners
spiroulina, nori)	raised" and "pasture finished")	(aspartame, sucralose, xylitol,
		mannitol, sorbitol)
Whole Fruits	Dairy Products	
		Fruit juice
Beans	Natural sweeteners (maple	
	syrup, honey, molasses)	Refined Sugar (sugar, High
Tea (green and herbal)		fructose corn syrup, corn
		syrup, corn syrup solids)
Spices (turmeric, ginger, garlic)		
		Artificial colorings and
		Flavorings

- Eat at least 40g of fiber a day.
 - Fiber binds to waste products in the colon and draws them out of the body. If we consume insufficient fiber the waste products will be reabsorbed, contributing to inflammation.
- Drink half your weight in water.
 - Take your weight in pounds and divide in half to get the minimum ounces of water you should consume daily.
- Eat a rainbow!
 - Each different color has unique phytonutrients that fight inflammation.
- Reduce sugar.
 - You should be consuming a MAX 24g added sugar daily.
 Some people may need to limit natural sugars as well.

Dr Weil's Pyramid



What the diet IS:

- Rich in phytonutrients, vitamins and minerals.
 Get 4-6 servings of veggies a day and 2-3 servings of fruit.
- Rich in healthy fats: olive oil, coconut oil, avocado, nuts, nut butters, and seeds.
- Organic, Wild Caught, and Grass fed foods.
- Rich in fiber- whole, unprocessed grains, seeds, vegetables and fruits.

What the diet is NOT

- Full of "gluten free" packaged foods
- Containing of corn oil, vegetable oil, shortening, hydrogenated or trans-fats.
- Low fat
- Meat heavy

Supplements

- Omega-3s
 - Carlson's Cod Liver Oil (also contains D)
 - Nordic Naturals Fish Oil
 - Biotics Research EFA
- Vitamin D
 - OrthoMolecular D3 w/ K2
- Turmeric and Ginger
 - Gaia Herbs Turmeric Supreme
 - Yogi Ginger Tea
 - Traditional Medicinals Teas



Lifestyle Interventions

- Exercise at least 30 minutes a day, 3 times a week.
 - Strength training, cardio, stretching
- Take time everyday to rest. An hour is optimal.
 - Read, drink tea, craft, meditate, etc.
- Get at least 8 hours of sleep a night.
 - Turn off all electronics 30 minutes to an hour before bedtime.