

# 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
- Secretory 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

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