

INFLAMMATION DISEASE CONNECTION

Inflammation occurs when injuries or infections happen; this signifies a healthy immune system response. Our bodies become inflamed when the immune system jumps to action. Chronic inflammation occurs when swelling sticks around and doesn't let the healing process begin. Below are a few of the diseases caused by chronic inflammation.

Increased Cardiovascular Risk

Although it is not proven inflammation causes cardiovascular disease, inflammation is common for heart disease and stroke patients; making it very important to know what inflammation is and what it can do to your heart.

Risk factors, such as cigarette smoking, high blood pressure and LDL (bad) cholesterol, can damage the heart. In turn, atherosclerosis, the buildup of fatty deposits in the inner walls of arteries, can develop. This narrows the arteries and increases the risk of blockage.

Compromised Digestive Function

Chronic inflammation often results when any processed foods, or foods high in sugar and or fast food are the main staples of our diet. Painful bloating, alternating diarrhea and constipation, gas, and a distended tummy are all signs of chronic inflammation. Most of the time a simple anti-inflammation diet high in essential fatty acids, probiotic digestive supplements, and daily exercise will help balance the intestinal tract and get it working again optimally.

Other causes that can compromise the digestive system are stress, allergies, chemicals, even prescription drugs. All can trigger an immune response, causing chronic inflammation. This throws your intestinal tract out of balance, which can cause your skin to break out in hives or your body to shut down.

Joint Pain and Loss of Mobility

Arthritis is a general term that describes inflammation in joints. Increased blood flow releases chemicals that attract white blood cells to the sites of inflammation. The increased number of cells and inflammatory substances within the joint can cause irritation, wearing down of cartilage (cushions at the end of bones), and swelling of the joint lining.

The most common form of arthritis called osteoarthritis is looked upon differently by parts of the conventional medical field. Some do not believe that inflammation plays a major role in osteoarthritis. What must be considered is the role hormones play on inflammation; in the form of menopause, stress and food allergies. Other painful conditions of the joints and musculoskeletal system associated with inflammation include; fibromyalgia, muscular low back pain, and muscular neck pain.

It all boils down to, what we put in our mouth (foods that heal), how we address life (attitude, less stress, hope), and how much energy we're willing to put into living longer (exercise, motivation, goals) and feeling good about it.

Over the next few articles in this series we'll discuss other disease related issues caused by inflammation, such as cancers, memory loss, weight gain and aging. We'll give you a list of herbs and how to use them; along with an anti-inflammation food regime.

You might want to consider, 'LIVING AS A WAY OF LIFE', not just a day to day existence.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.

Thanks, Sami