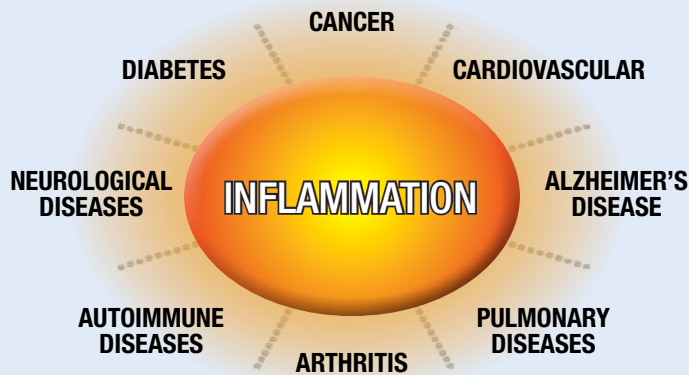


WHAT IS INFLAMMATION?

Inflammation is the body's response to a foreign substance, such as a virus or bacteria, or to damage in general.

Occasionally, inflammation occurs when the body's immune system begins attacking its own organs and joints. These are called autoimmune diseases. Common autoimmune diseases are Rheumatoid Arthritis and Type I Diabetes.



INFLAMMATION: ACUTE VS CHRONIC

Acute

Acute inflammation is the sudden onset of an injury or infection. The body's immune system dilates the local blood vessels and sends white blood cells, platelets, and other molecules to the affected area to isolate and heal any infections that may occur. This type of inflammation will usually heal within a few days to a couple of weeks.

Chronic

Chronic inflammation occurs over a long period of time due to something that continues to aggravate an area. Your immune system is constantly addressing the source of the infection. This can be due to either a continued exacerbation of an injury, or the presence of pro-inflammatory chemicals or hormones due to diet, lifestyle, or disease.

CONDITIONS ASSOCIATED WITH INFLAMMATION

Which of these conditions are of greatest concern to you given your lifestyle and family history?

Circle those that apply:

1. Alzheimer's Disease
2. Asthma
3. Cancer
4. Chronic Obstructive Pulmonary Disorder (COPD)
5. Chronic Pain
6. Type II Diabetes
7. Heart Diseases
8. Inflammatory Bowel Disease (IBD)
9. Stroke
10. Auto-Immune Diseases

Coach's Quick Take

Inflammation in the body can be both positive and negative.

- When you have a strain or sprain, inflammation is the body's way of trying to protect the injured area by not allowing you to move it. This is a good thing.
- When excessive or unnecessary inflammation occurs, for example in the GI tract as a result of diet, it is negatively affecting your health.

LIFESTYLE FACTORS THAT AFFECT INFLAMMATION

Lifestyle choices can increase or decrease inflammation, giving us some control over this process. Below is a list of those behaviors that can reduce or augment inflammation.

Increase Inflammation	Decrease Inflammation
Sleeping less than 7 hours a night	Getting at least 7-9 hours of sleep a night
Consuming foods high in sugar and trans fat	Consuming spices like turmeric, ginger, and rosemary
Not drinking enough water daily or drinking sugary drinks	Drinking plenty of water
Lack of daily exercise or movement	Exercising for at least 30 minutes, three to five times a week
High stress level, or poorly managed stress, for a long period of time	Managing stress well
Smoking/Tobacco use	Eating a minimum of five servings of fruits and vegetables per day
Excessive daily alcohol intake	Eating at least 30g of fiber daily

FINDING THE FIRE AND PUTTING IT OUT

The checklist below will help you identify some factors associated with inflammation. See your doctor if you begin to exhibit one or more symptoms for a long period of time (2+ weeks). If not yet a medical condition, talk to your Coach about ways to reduce the following:

- Swelling
- Blood shot eyes
- Extreme weight loss
- Excessive fatigue
- Constipation
- Diarrhea
- Nausea
- Dizziness
- Bloating
- Tenderness



If you are experiencing some of these indicators, what is one step that you can take to begin fighting inflammation in your body?

- Get more sleep*
- Eat more fruits and vegetables*
- Drink more water*
- Get more exercise*
- Practice relaxation*
- Eat more fiber*



RESOURCES

www.webmd.com

www.nih.gov

www.mayoclinic.org

For More Information visit
www.WellnessCoachesUSA.com