



≡ **ON THE FLY**

What Is Inflammation?

Acute Inflammation is necessary inflammation.

It's your body's response to injury. Say you smash your finger in the car door. Ouch! It now feels hot, looks red and swollen, hurts like hell and you don't want to use it. This acute inflammation is your body's way of protecting itself and triggers your body to start the healing process. Unfortunately, but good that our bodies know how to take care of themselves.

Chronic Inflammation builds up slowly over time, is the root of nearly all diseases, and therefore, is the enemy!

It contributes to cardiovascular disease, neurodegenerative disorders (Alzheimer's), type 2 diabetes, arthritis and joint problems. It can occur from environmental factors, poor nutrition, and may be the reason you are exercising, eating clean, and still not losing weight. These inflamed tissues can cause your body to retain fluid, disrupt hormone levels and cause metabolic dysfunction.

Identifying Inflammation Starts with Recognizing Common Symptoms Including:

- 1) **joint soreness**
- 2) **skin breakouts**
- 3) **headaches**
- 4) **gastrointestinal distress**
- 5) **bloating**
- 6) **runny nose and itchy eyes**

So, What Can You Do to Keep Chronic Inflammation from Wreaking Havoc On You?

- 1) Identify and avoid eating foods that cause inflammation.
- 2) Eat more anti inflammatory foods
- 3) Exercise daily
- 4) Avoid stress
- 5) Sleep 6-8 hours a night

What Foods Are Inflammatory?

So, how do you figure out which foods to avoid? Start fresh and eliminate common culprits like dairy, gluten, processed foods, sugar, alcohol, and caffeine. See how you feel when you eliminate these common offenders and slowly introduce them one at a time back into your diet. If you notice symptoms again, you've identified a food that your body doesn't particularly like. We've included a more extensive list you can play around with and also included a list of foods that may decrease inflammation.

Keep in mind, what is inflammatory for you will be different from someone else!