

DEFLAME YOUR BODY (or how to reduce your body's inflammation-naturally)

Do your joints swell and ache all the time? Do you feel bloated a lot? Have you been diagnosed with an autoimmune disorder? Do you get a lot of allergies? Have asthma or arthritis? Feel tired and sick a lot? Would you like to possibly reduce your risk of cardiovascular diseases, Alzheimer's, Parkinson's, multiple sclerosis, cancer, diabetes? Want to slow down the aging process-maybe? If you answered yes to any of these questions you should read on.

Inflammation within our bodies has been identified as a fundamental cause of a whole host of health conditions from premature aging to heart disease as well as numerous types of autoimmune disorders. Inflammation literally heats up our tissue causing it to break down faster.

How does it happen? Think of blood, running through our arteries, as circulating cooling fluid for our bodies. It has good and not so good things floating around in it, either nourishing or damaging our bodies, like too much cholesterol. If we eat too much of certain foods, like those in a typical American diet, more of the not so good stuff increases in our blood and it literally heats up our bodies causing problems. This represents the concept of "inflammation" in our blood. Something called c-reactive protein is just one measure of the floating inflammatory particles in our blood

Certain foods inflame. Changing the diet is key to reducing inflammation in our bodies. Culprit foods include grains, trans fats, many oils, soda, soy, dairy, grain fed meats and sugar to name a few. These foods inflame because they cause an imbalance in essential fats in our bodies. The two key essential fats involved in inflammation are omega 6 and omega 3 fats. We need both but in a ratio of 4:1 omega 6 to omega 3. In the typical American diet this ratio is way out of balance in the range of 30:1 omega 6 to omega 3. When this ratio is so out of balance, excessive omega 6 fats are converted in our bodies into an inflammatory chemical and we heat up our blood and bodies.

To learn more about how to deflame your body, go to **DrBridgeChiropractic.com** and click on "deflame" or call our office and ask for the "deflame" handout. Knowing what to eat and then making diet changes can radically influence a whole range of health conditions.

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