

## IMPROVE HEALTH BY DECREASING INFLAMMATION

Inflammation is the body's natural response to harmful pathogens, tissue injury or irritants. It is the body's protective attempt to remove the irritant as well as initiate the healing process for the tissue.

In the absence of inflammation, wounds and infections would not heal which would lead to progressive destruction of the tissue. However, inflammation which runs unchecked can also lead to a host of diseases, such as hay fever, atherosclerosis, and rheumatoid arthritis. In the case of atherosclerosis, the inflammation process in blood vessels and the kidney can lead to a build-up of cells and damage to tissues that can constrict the passage of blood through vessels. This blockage can lead to heart attacks and affect the kidney, leading to end-stage renal (kidney) disease. In the case of rheumatoid arthritis, it affects the joints and can diffuse to some organs.

There are bloods tests that help you monitor inflammation in the body.

### C-Reactive Protein (CRP)

High levels indicate nonspecific tissue injury & inflammation.

### Erythrocyte Sed Rate (ESR)

Measures inflammatory process. Lower levels are desired.

### High Platelets

In inflammatory states, platelets run high. These are blood cells that form clots. Vitamin E helps reduce.

### Foods That Cause Inflammation

Processed meats with MSG or Nitrates (hot dogs, sausage, etc)

Sugar

Increased carbohydrates

High sodium foods

Dairy products

Red meat (for some people)

Deep fried

Coffee

According to the National Institutes of Health, chronic high glucose levels increase your inflammatory response leading to chronic inflammation and the tissue damage that comes with it. This may be why diabetes and high cholesterol tend to run together. High cholesterol may be a protective factor against this inflammation caused by the high glucose levels. Get your glucose under control and your cholesterol level may come down too!

### Anti-inflammatory foods

Whole fruits and vegetables!! The more color the better. Always eat more vegetables than fruits.

Food high in Omega 3's such as cold water oily fish, walnuts, flax seeds, and pumpkin seeds.

If you're protein deficient, good protein sources are poultry, eggs, fish, beans, seeds, nuts, and sprouts.

### Anti-inflammatory supplements

Try these products for acute and chronic inflammation. Dosages depend on weight and severity of the condition. Spread dosage throughout the day.

Recommendations for 150lb adult.

**Turmeric Rhizome** (*Curcuma longa*) 1800-5400mg daily

**Ginger Rhizome** (*Zingiber officinale*) 600-1800mg daily

**Vitamin E**

VITAMIN C 4000-8000MG

Omega3 (fish oil) Minimum daily intake should be 1600mg of EPA and 800mg of DHA. Check label for amount per gel cap.

### DECREASE INFLAMMATION BY:

1. Eliminating inflammatory foods.
2. Eating more anti-inflammatory foods.
3. Try anti-inflammatory supplements\

Most importantly, ask yourself, "Why isn't my body healing and repairing?" Your body is not going to waste nutrients on non-essential tissue like joints, muscle, and bone if it has more important health issues to deal with! Your chronic joint pain may be a sign something more serious is occurring. See your Chiropractor, and let him/her help guide you back onto the road to wellness, naturally.

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