

Part 1

Inflammation

Where it comes from and what it does to the body.



Inflammation – your friend or enemy?



- The body's defense against various attacks.
- We wouldn't survive long without it.
- When it has done its protective job, it should be turned off.
- Today's lifestyle and the imbalances we often have in our bodies, can make it your worst enemy.



What is an acute inflammation?



- It is part of the body's way of defending itself and the first step in the process of addressing a problem.
- The word inflammation comes from the Latin word "inflammatio" which means fire or light on fire.
- The five signs are: Pain, swelling, redness, local heat increase and impaired function.
- These reactions are an effect of the body mobilizing its defense against a problem and want to initiate a healing process.



What happens in the body during the acute inflammation?



- It is a complicated process but one of the things that happens is that the white blood cells leave the bloodstream to try to limit the injury or infection to spread.
- Swelling occurs due to increased blood flow to the inflamed area and various substances affect the nerves and pain occurs.
- When the body's self healing mechanisms works and not are disrupted, the acute inflammation is resolved within a limited time.



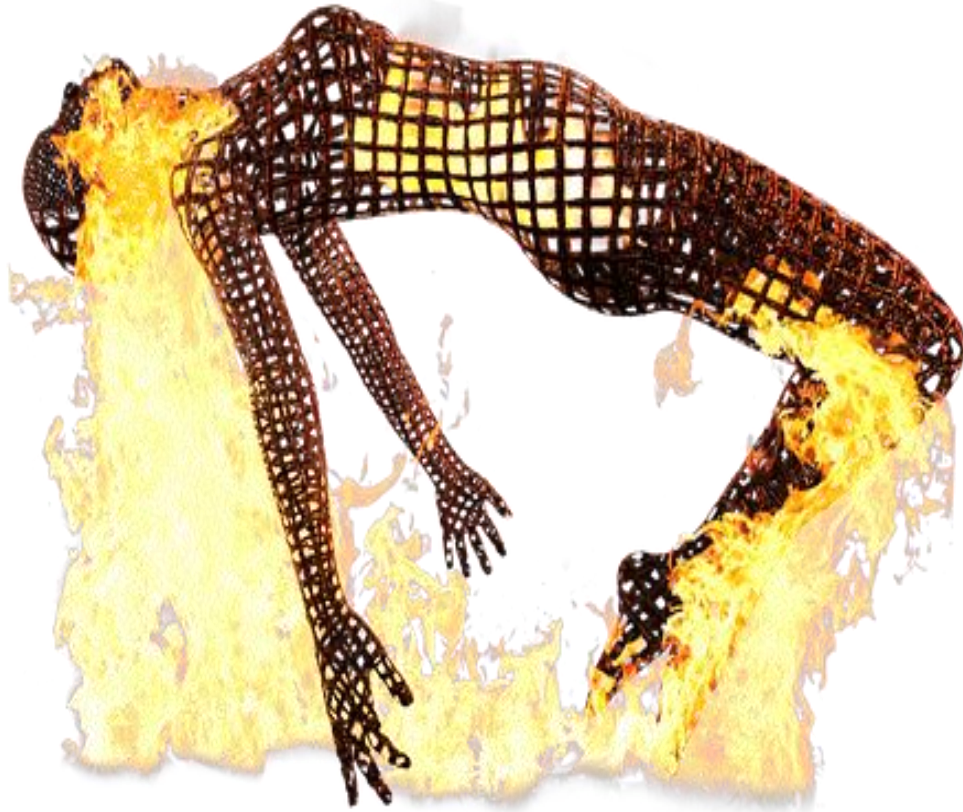
What can obstruct the healing and what happens then?



- Medications that remove symptoms can prevent the body from healing the acute inflammation. Therefore, avoid taking fever-reducing or anti-inflammatory medication if not necessary.
- Enough rest and sleep is needed.
- Nutritions that supports the healing process is necessary.
- If the body fails to cure the acute inflammation it will be chronic.



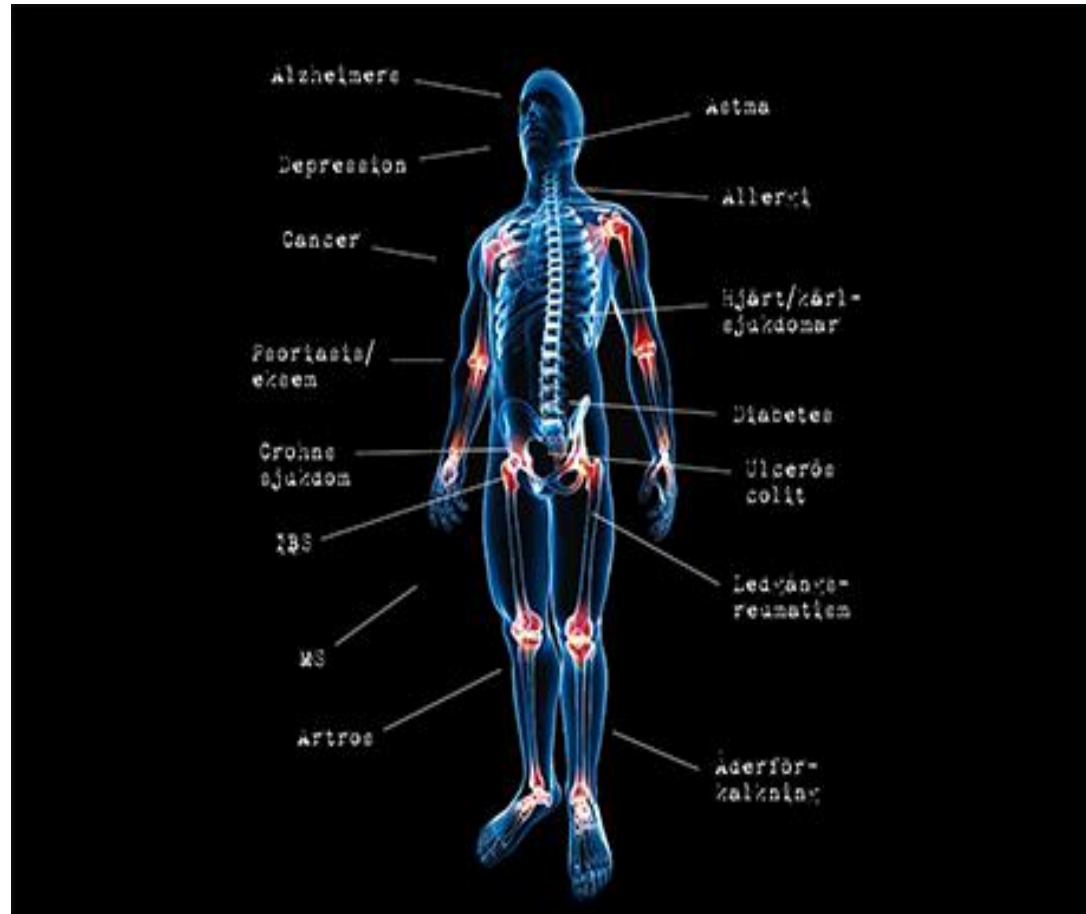
What is a chronic inflammation?



- A chronic low-grade inflammation may last from months up to decades without notice.
- It is like a fire on our inside that slowly destroys more and more.
- It is discreet and usually does not appear on test made by the healthcare
- Some lighter signs of chronic low-grade inflammation may be sleep problems, fatigue, skin problems, poor immune system, hair loss etc.



What can chronic inflammation lead to?



- A large number of diseases are described as fully or partially inflammatory such as: Cancer, Heart disease, Migraine, Arthritis, Fibromyalgia, Allergies, Inflammatory bowel disease, Psoriasis, Eczema, Multiple Sclerosis (MS), Alzheimer's, Autism, Depression the list could be longer.



What can we do to avoid and reduce chronic inflammation?



- We must take care of our selves and listen to our body's signals. Get enough sleep, fresh air, exercise, nutrition and good food.
- We need to be aware of how food affects the level of inflammation in the body – what food increase inflammation and what food reduce inflammation.



