

“DEFLAME” YOURSELF.

Chronic Inflammation: It's role in longevity and ill-health

Chronic inflammation has been shown experimentally and clinically to be a primary factor in nearly all major life threatening illness. Excessive and chronic inflammation has been shown to be strongly involved in Cancer, Heart disease, all Arthritis, Diabetes, MS, Alzheimer's, and most neuro-musculoskeletal disorders, digestive, and many Endocrine and Autoimmune disorders.

Inflammation: Its physiological origins and consequences.

Inflammation is a natural process in our bodies. Without it, healing wounds, infections and insults to the system would not take place. Yet, in excess it is destructive, particularly over extended periods. The inflammatory process begins at the cellular level, responding to injury and infection. Its entire aim is to limit injury and protect the organism. Under normal circumstances the initial inflammation lessens and stops within 48 hours and we enter into the healing phase removing damage and returning to a normal state. There are physiological pathways that support inflammation when NEEDED. There are also an equal number of pathways to shut down inflammation or impede its excessive progress. While complex and numerous, the basic purpose of these pathways is to BALANCE the system response to what is NEEDED and no more or less. The NORMAL body will balance these processes. Chronic inflammation is not normal and is destructive at the cellular level.

Chronic Inflammation: A problem of Lifestyle

The normal inflammation balance in the body is supported by a balanced lifestyle. We holistically balance inflammation response by appropriate physical exercise, correct nutrition, and emotional and mental health. BALANCE is the key. While each person must be viewed individually, it has been established scientifically that the normal balance of inflammation promoting EFA's to anti-inflammatory EFA's should be 1:1. In the United States that ratio is over 20:1. It has also been established that the effects of stress on the adrenals is also a major contributor to the inflammation process. Finally, lack of balanced exercise increases cellular stress. Excessive exercise creates inflammatory processes in the muscles and tissues. In addition the massive consumption of anti-inflammatory medications is causing many medical complications, tremendous cost, and unnecessary side effects.

The solution lies in the proper nutritional, physical and emotional balance that promotes healthy inflammation which passes quickly. At the same time the removal of excessive pro-inflammatory foods, stress, and physical excess leads to decreased inflammatory diseases and complications of many acute and chronic conditions common throughout life, as well as to aging.