



Inflammation

- Inflammation is the root cause of many health conditions.
- Most common factor in all chronic illnesses.
- Inflammation is your body's response to damaged cells.
- There is no single cause.
- Inflammation is created by:
 - Chemicals in Your Body
 - Environmental Chemicals
 - Radiation Exposure
 - Untreated Chronic Inflammation
 - Pathogens
 - Bacteria
 - Viruses
 - Fungi
- Inflammation can cause diseases such as:
 - Autoimmune
 - Cardiovascular
 - Gastrointestinal
 - Lung
 - Metabolic
 - Neurodegenerative
 - Some Types of Cancer

Difference Between Acute & Chronic Inflammation

- Acute Inflammation is your body's response to injury and needed for healing.
- Inflammatory cells are sent to the site of injury enabling your body to start the healing process.

Chronic Inflammation Is Damaging

- When your body produces inflammatory cells needed for healing but there is no injury.
- When inflammatory cells are not properly regulated, they attack healthy tissue causing inflammation and eventually damage.

How Chronic Inflammation Harms Your Body

Chronic inflammation affects the entire body and body systems creating multiple symptoms, as example:

Brain

- Depression
- Anxiety
- Insomnia
- Dementia
- Fatigue
- Brain-fog

Gut Health

- Gas
- Bloating

- Cramping
- Malabsorption
- IBS
- SIBO
- Leaky Gut

Thyroid

- Autoimmunity
- Low Thyroid Function
- Fluctuation in TSH
- Poor Thyroid Hormone Conversion
- Decrease in Thyroid Hormone Effectiveness

Weight

- Decreased Energy Production in Cells
- Lowers Metabolism
- Changes Metabolic Set-point Set By Hypothalamus

Hormone Balance

Interferes with hormone regulation in the following:

- Hypothalamus
- Pituitary Gland
- Poor regulation of estrogen
- Causes infertility in women
- Primary cause of menstrual pain
- Leads to low testosterone
- Ovaries
- Testicles

Liver

- Stresses the liver
- Damages cells
- Elevates Liver Enzymes
- Causes Fatty Liver

Heart

- Creates Vessel Damage
- Causes Plaque in Arteries
- Leads to Stroke
- Damages Blood Vessels in Your Heart & Kidneys

Affects autonomic nervous system causing:

- Hypertension
- Poor Blood Pressured Control

Autoimmune Disease

- Immune system plays major role in both healthy & chronic inflammation.
- Chronic inflammation creates loss of healthy function & immune system regulation causing the body to attack itself.
- Autoimmunity is not caused by an overactive immune system but rather a poorly regulated one.

Lifestyle Factors That Contribute to Inflammation

- Alcohol Consumption
- Obesity
- Sedentary Lifestyle
- Smoking
- Chronic Stress